

GV

701

C8



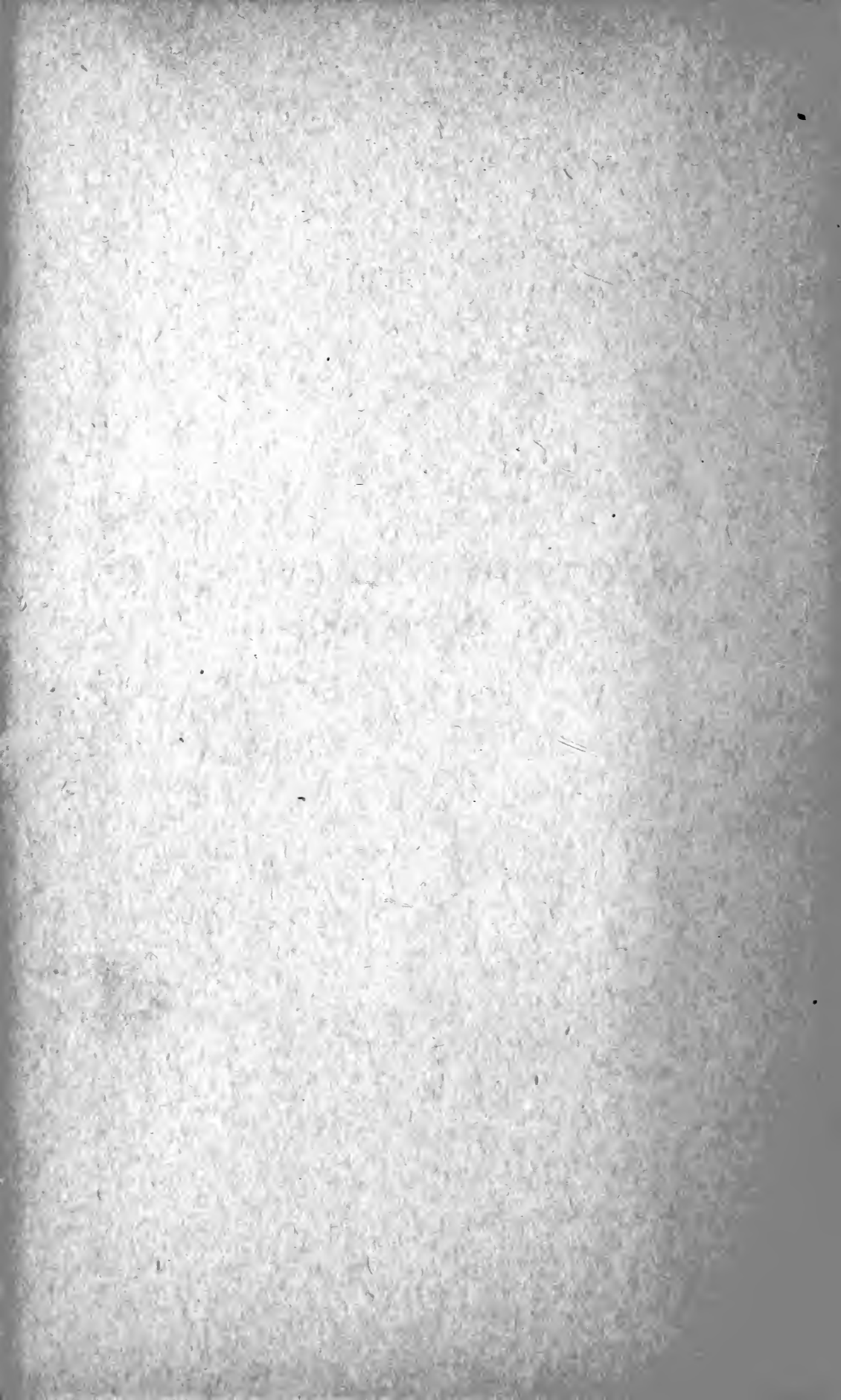
Class GV701

Book C8

Copyright N^o _____

COPYRIGHT DEPOSIT.





**325 GROUP CONTESTS FOR THE
ARMY, NAVY, AND SCHOOL**



THE MACMILLAN COMPANY
NEW YORK • BOSTON • CHICAGO • DALLAS
ATLANTA • SAN FRANCISCO

MACMILLAN & CO., LIMITED
LONDON • BOMBAY • CALCUTTA
MELBOURNE

THE MACMILLAN CO. OF CANADA, LTD.
TORONTO

325

GROUP CONTESTS

FOR THE
ARMY, NAVY, AND SCHOOL

BY

WILLIAM J. CROMIE

INSTRUCTOR IN PHYSICAL EDUCATION

UNIVERSITY OF PENNSYLVANIA

DIRECTOR OF THE SUMMER SCHOOL COURSES IN PHYSICAL EDUCATION, UNIVERSITY OF PENNSYLVANIA

AUTHOR OF "KEEPING PHYSICALLY FIT," "MEDICINE BALL EXERCISES," "SINGLE STICK EXERCISES," ETC.

New York

THE MACMILLAN COMPANY

© 1918

1918

All rights reserved

GV701
.C8

COPYRIGHT, 1918,
BY THE MACMILLAN COMPANY.

Set up and electrotyped. Published October, 1918.

Norwood Press
J. S. Cushing Co. — Berwick & Smith Co
Norwood, Mass., U.S.A.

NOV -6 1918

©CL.A506470

no 1

PREFACE

THIS book is the outgrowth of over twenty years of experience in teaching group games and contests in the Young Men's Christian Association and College. For the past ten years I have used all of the matter herein contained, in some form or other, for constantly increasing numbers in gymnastic classes in the University of Pennsylvania. Last winter many of the contests were used with beneficial results in connection with the course in Military Athletics for the nine companies of the University of Pennsylvania Reserved Officers Training Corps. I have more recently been appointed by the War Department Commission on Training Camp Activities to act as an instructor of athletic officers in group games and contests in the Camps, and the material in this book will form a basis of the work.

Most of the games in this book may be played in the various Cantonment Camps. Some of the contests are, however, of too complex a

nature to be conducted in the Camps on account of the short time available for work and the inexperience of recruits in the Army. The book is compiled, in order that not only the Army and Navy, but also the School and College, the Y. M. C. A., Boy Scouts, Boys' Clubs, Settlements, Playground, Industrial Centers and kindred organizations may have a ready reference book.

This is an age of contests. The contests of to-day are conducted in order to give physical, mental and spiritual fitness. It is necessary that we be efficient in our tripartite makeup, so that we may be better able to withstand and overcome the foes of liberty, justice and righteousness.

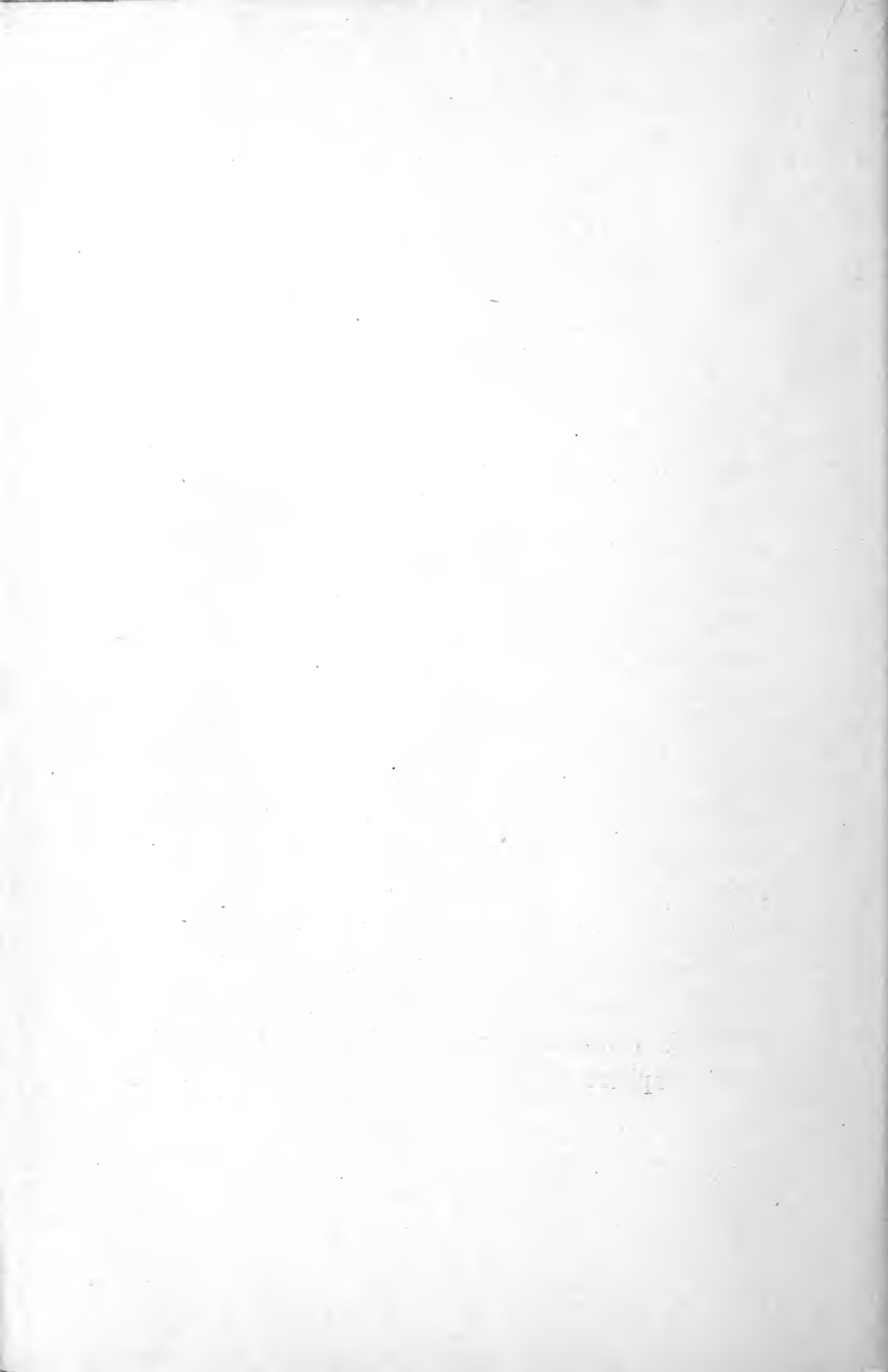
Physical fitness is the prime requisite in military and naval life. As all business and no play makes men dull, so all military training and no recreation renders soldiers dull and inert. Recreational activity in the form of group contests, such as explained in this book, is a pleasant and profitable form of diversion in contrast to the exacting business of war.

A properly conducted contest also becomes

a conquest for the better-equipped team or army. A group contest then has a twofold purpose. It gives physical fitness and creates a desire for conquest or victory. The desire for physical power and conquest should be cultivated in the life of every soldier and sailor.

In the compilation of these games I have selected contests which are fundamental in principle; basic movements in physical education, such as running, leaping, falling, dodging and climbing. Men are taught to overcome obstacles and handle one another, by being tossed in various ways. The soldier and sailor should be familiar with exercises which require a knowledge of how to fall with the minimum of danger to life and limb. In short, the civilian, as well as the military man, should know how to run swiftly, leap with precision, keep cool under all conditions and think quickly.

My hearty thanks are due the members of the University of Pennsylvania Gymnasium classes, who posed for the photographs, and to Mr. W. Vivian Chappel of Philadelphia, the photographer.



CONTENTS

	PAGE
FILE RELAY RACES	1
HOPPING RELAY RACES	11
ROPE RACES	18
HOOP RACES	18
MAN LIFTING RELAYS	27
POTATO OR WOODEN BLOCK RELAY	31
SHUTTLE RELAYS	34
DOUBLE SHUTTLE RELAY RACES	41
MEDICINE BALL PASSING	43
ROPE SWINGING RELAYS	47
VAULTING RELAY RACES	49
PROGRESSIVE RELAY RACES	52
HOPPING	55
RUN WITH MEDICINE BALL OR OTHER OBJECT	59
RUN AND THROW BALL	61
PROGRESSIVE RELAY BALL-THROWING RACES	62
MAN CARRYING RELAY RACES	66
DOUBLE CARRYING RELAY	70

	PAGE
SKIN THE SNAKE RELAY	72
THE STEEL WAND OR GUN USED AS A HORIZONTAL	
BAR	80
WANDS OR GUNS USED AS PARALLEL BARS . . .	86
BROOM STICK PROGRESSIVE RELAY RACES . . .	89
PROGRESSION OR BUILDING UP OF THE SINGLE STICK	
MOVEMENTS	95

325 GROUP CONTESTS FOR THE
ARMY, NAVY, AND SCHOOL



325 GROUP CONTESTS FOR THE ARMY, NAVY, AND SCHOOL

I

FILE RELAY RACES

The company or class is lined up in file formation, with any number of files and any number of men in each line. From ten to fifteen men in each file is the best number, as it takes too long to run races when the number is greater. Each file should contain the same number of men in order that all lines shall have an equal chance.

RACE NUMBER 1.

The first race, as illustrated in Figure 1, is an ordinary forward run, each man at the head of the file starting from *A*. Each contestant runs to *B*, tags the line, returns on the sprint, tags the person at the head of the line (*A*),

B

1

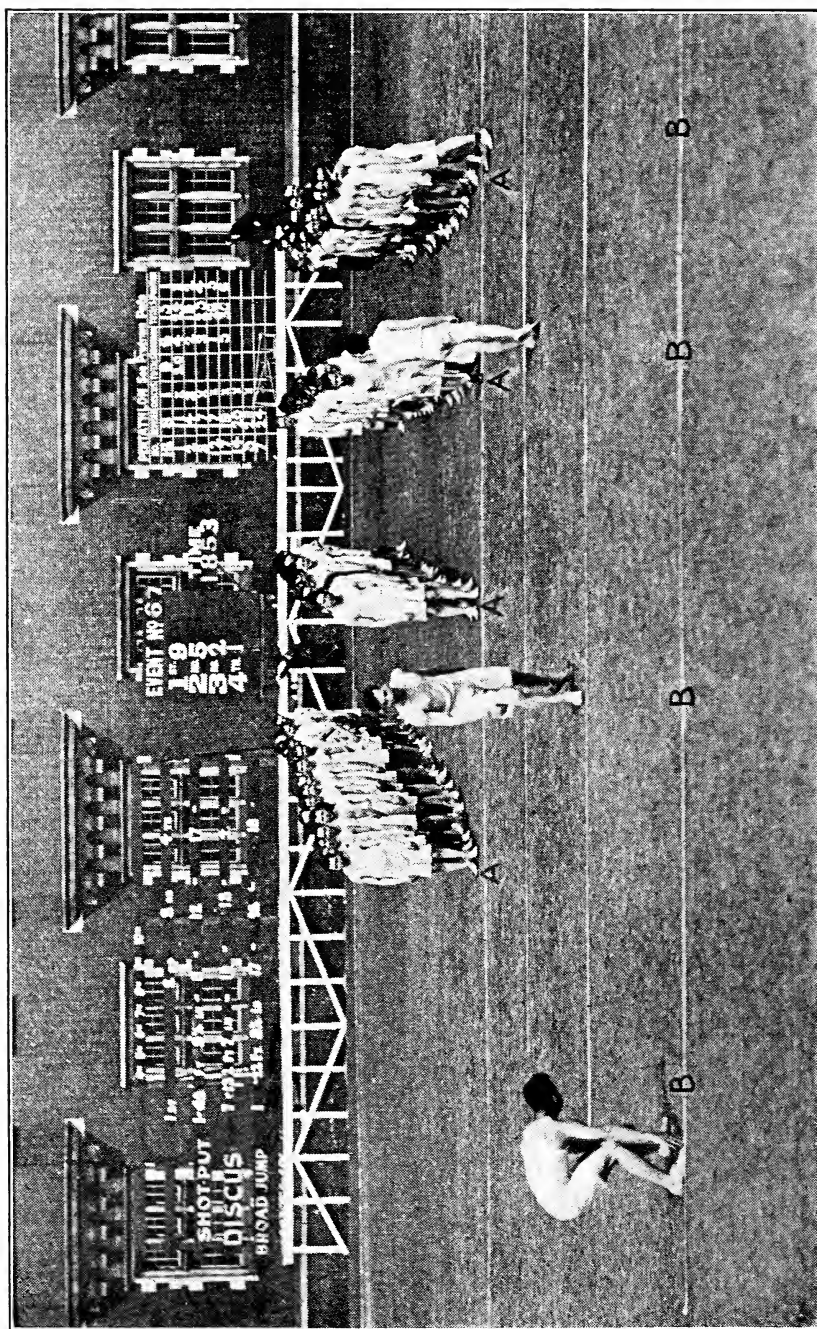


FIGURE 1

and goes to the rear of the line. The person who was tagged repeats the race, and so on till the starter again heads the line.

The contestant at the head of the line should be marked in order to keep better tabs on the winning file. This may be done by tying a ribbon around an arm, or by wearing a special piece of clothing. It is well to have a scorer in all races, as an incentive to encourage competition. An excellent method of scoring is three points for first, two for second, and one for third. The score should be announced after each race, so that each team or file may know its standing. If the contest is interclass or company, more winning lines may be added, for instance five places, scoring 5 — 4 — 3 — 2 — 1 respectively.

Starting the race may be accomplished by the method employed in athletics: "Get on your mark, get set, go!" Instead of saying "go," clapping the hands for a small class and using a pistol for a large company are effective. A whistle may be used with good results. A short blow for "on the mark," two short toots for "get set," and one long blast for "go."

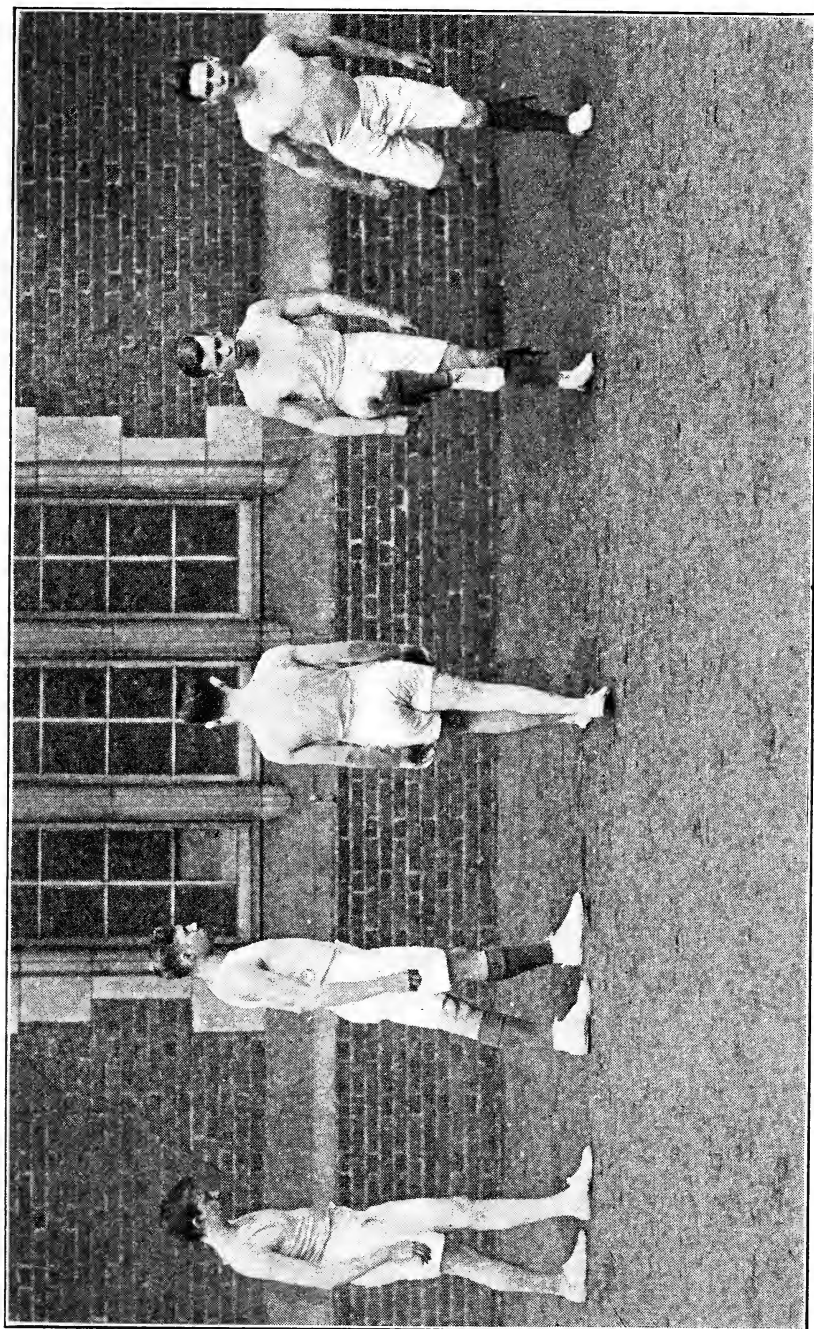
4 CONTESTS FOR ARMY, NAVY, AND SCHOOL

In all races the contestants should be taught to realize that cheating is reprehensible and will not be tolerated. In many of these contests, especially where obstacles must be overcome, there is an opportunity to "fake" the exercise and thus win the race. Each individual must perform the exercise to the best of his ability, even if it results in the loss of the race. The youth in school or college must play fair, or he may form the habit of resorting to questionable tactics in the great game of life. The soldier and sailor must play as he is told, as obedience is the first law in the army and navy. Again, if he is fair in his game life, he will be more likely to be fair in the stern occupation of fighting.

In the contest, the runner must go to the objective point or goal and the next in line must not "steal," but wait until tagged. A good way to overcome stealing is to have the runner carry an Indian club, baton, American flag, eraser, bean bag or other object and not cross the line until the object is received.

RACE NUMBER 2.

Race Number Two is performed the same as is the first contest. At the command "go" the person at the head of each file makes a left turn and runs sideward to the objective point. The left foot is crossed in front of the right, see (A) Figure 2; then step sideward with the right and so on till the goal is reached. The return is a forward sprint.



A *B* *C* *D* *E*

FIGURE 2

6 CONTESTS FOR ARMY, NAVY, AND SCHOOL

3. Left turn and run sideward, leading with the left foot in rear as in position (B) Figure 2.

4. Left turn and combine (A) and (B). Run sideward, left foot crossed in front of right, step sideward with right, left foot crossed in rear of right, step sideward right and continue, Figure 2.

5. Right turn and run as in (A) Figure 2.

6. Right turn and run as in (B) Figure 2.

7. Right turn and combine A and B, Figure 2.

Instead of the forward sprint on the return the runner may run sideward without a change of face. He would then use the opposite side on the return.

8. At the start of this race the runner performs an about face (Figure 2, position C) and runs backward to the goal. Return by running forward. The student or cadet should be cautioned not to lean too far backward as the tendency is to become overbalanced and fall.

Quite a few races may be used in which backward running is employed, as every one can run forward, whereas few can run backward swiftly without falling. In the first fast back-

ward race among students about one in fifteen falls.

The cadet should become adept in backward running in order to retreat while fighting if necessary and maintain a perfect poise.

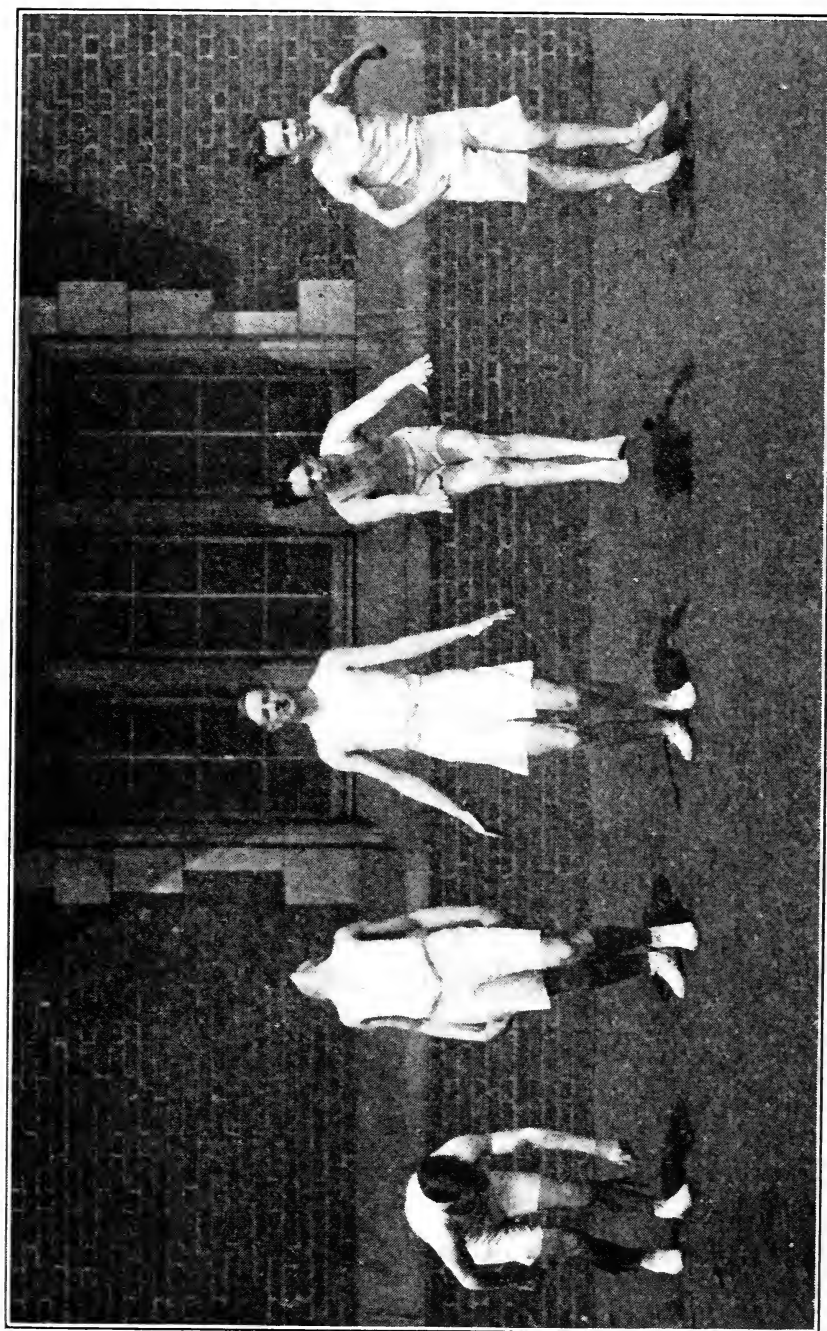
9. Run forward as in (*D*) Figure 2 and raise the knees forward. Raise each knee till the thigh is horizontal.

10. Run forward and raise each foot alternately backward. Keep the knees well back. Touch each instep with the hand while running.

11. Run with the body bent forward. The hands should swing below the knees. The tendency in this race is to fall forward. This is an excellent exercise for the soldier and sailor, as he must often run this way in the service. Figure 3 (*A*).

12. Run with the body bent backward. In this race the head is back and one cannot see how far one has gone. It develops judgment of distance. None but experienced runners should attempt this race. Figure 3 (*B*).

13. Combine 11 and 12. Run four steps, body bent forward, then four, body bent backward. Some of these races are quite amusing



A B C D E

FIGURE 3

and the boys enjoy themselves while working hard. Any work in the garb of play will prove profitable. If one makes a noise like an Indian in this race, a program is started which looks and sounds like a rout of the Huns.

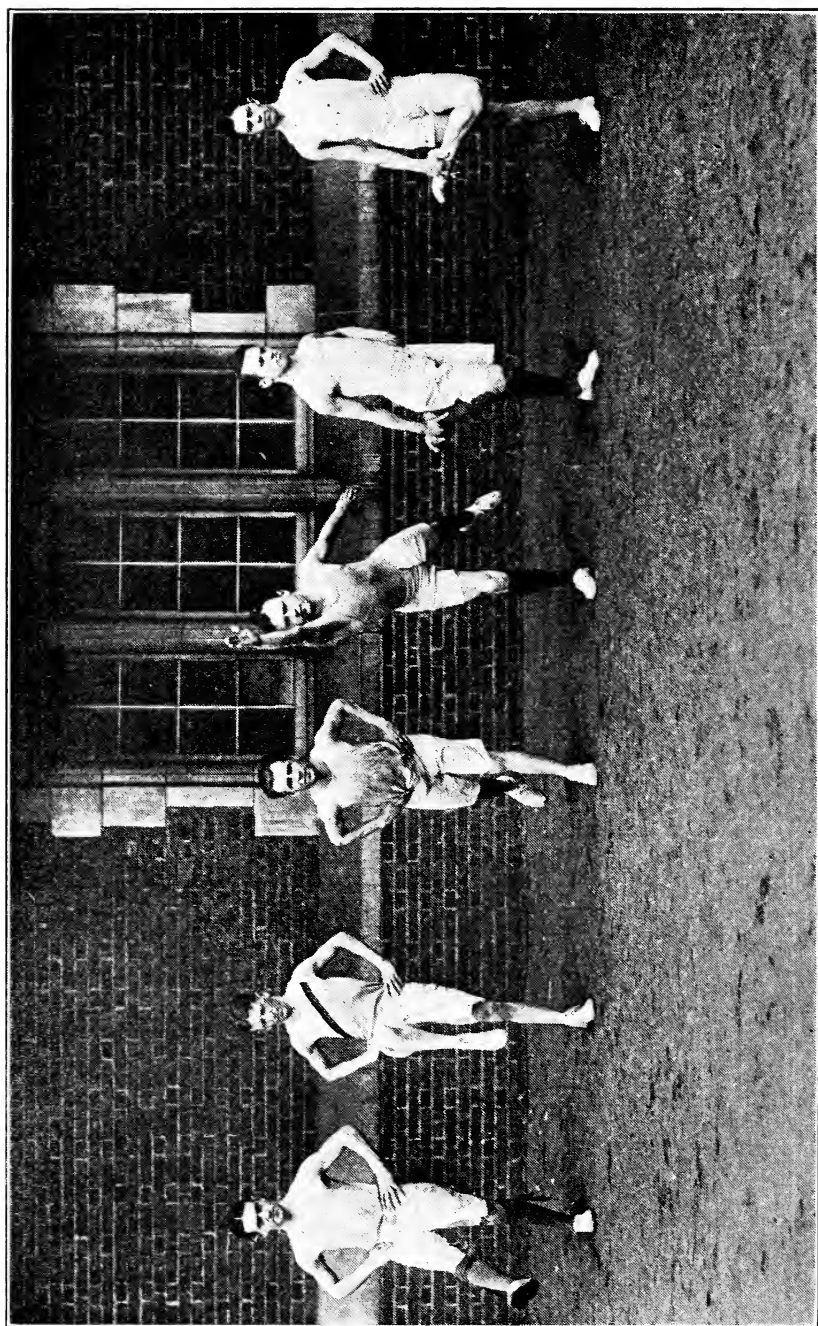
14. The photographer and subject in Figure 3 — (C) failed to act together. The contestant runs halfway to the objective line, jumps in the air with the knees back as in Figure 2 — (E) and touches the insteps in the rear, then runs to the line, returns and tags the next person. The knees are well back and the chest out strong.

15. Run and perform the same jump in the middle of the course three times without a beat or pause between each jump.

16. Run and in the middle of the course jump and touch the toes in front as in Figure 3 (D). Raise the legs as high as possible and do not bend at the knees.

17. The same with three jumps in the center, without a pause between the jumps. This is an excellent abdominal exercise.

18. When the middle of the course is reached, jump and execute a half right or left turn,



A B C D E F

FIGURE 4

touching toes as in (*D*), then run backward till the line is crossed; return sprinting forward.

19. Run and perform a full right turn while in the air as in Figure 3 — (*E*).

20. Perform the same with a full left turn. It is difficult to keep one's balance in this turn.

HOPPING RELAY RACES

21. Raise the right leg, hop on the left foot; raise left, hop on right. Run forward on the return trip, Figure 4 — *A*.

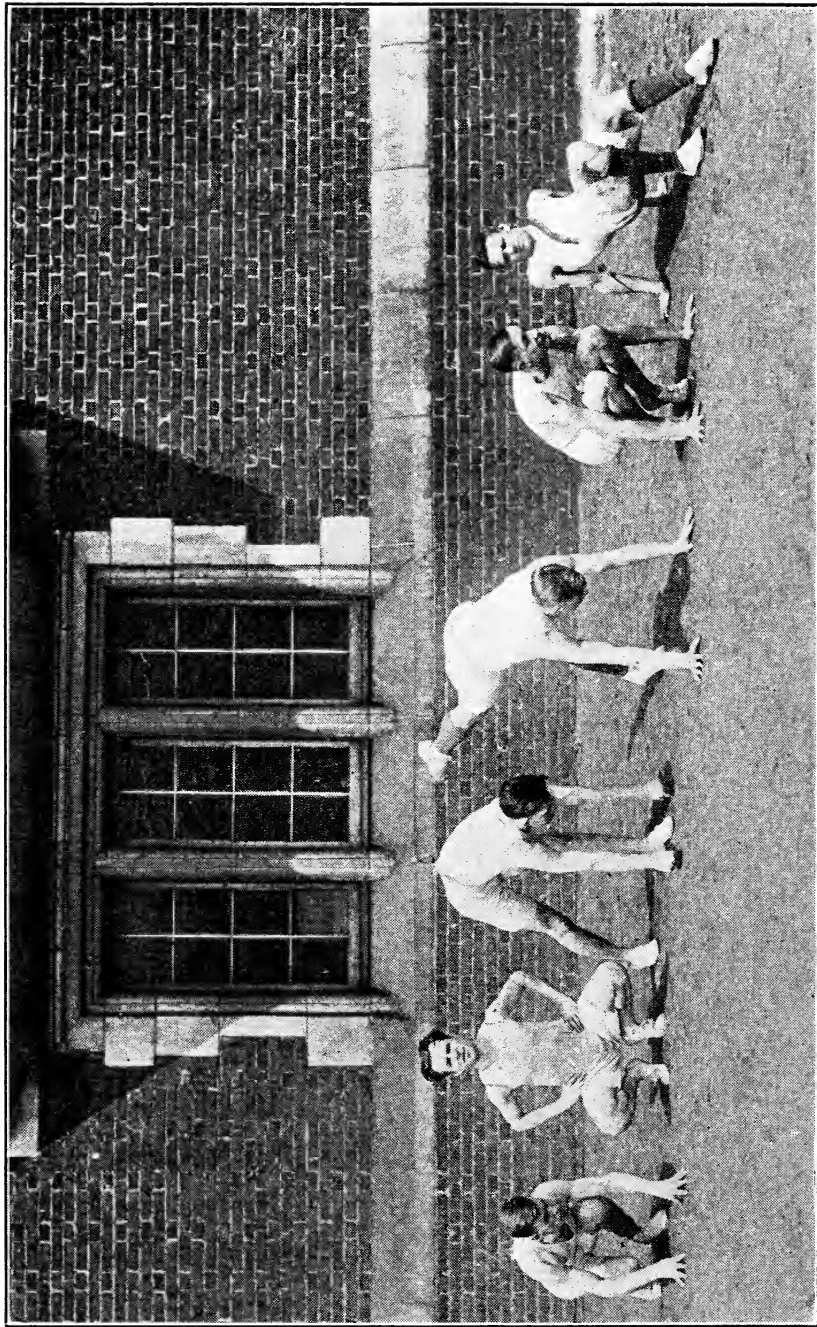
22. Raise right knee, hop on left foot; raise left knee, hop on right foot. Figure 4 — (*B*).

23. Raise right leg backward, hop on left foot; raise left, hop on right. Figure 4 — (*C*).

24. Raise right arm obliquely-fore-upward, left arm and leg backward raise and hop on right foot. Perform the same with a hop on left foot. Alternate these two till the goal is reached, Figure 4 — (*D*).

25. Hop on left foot, hold left leg forward as in (*A*), Figure 4, throughout. In this and the following eleven races the course should not be more than fifteen yards as the races are difficult.

26. The same and hop on right foot.



A B C D E F

FIGURE 5

27. Hop on left foot, knee up as in (B) throughout.

28. Same and hop on right foot.

29. Hold the position as in (C) and hop on left foot.

30. Same on right foot.

31. Hold the position as in (D) and hop on right foot.

32. Same on left foot.

33. Hold right foot backward, as in (E) Figure 4, hop on left foot.

34. Same, holding left foot with hand (E).

35. Hold left foot forward as in (F) Figure 4, hop on right foot.

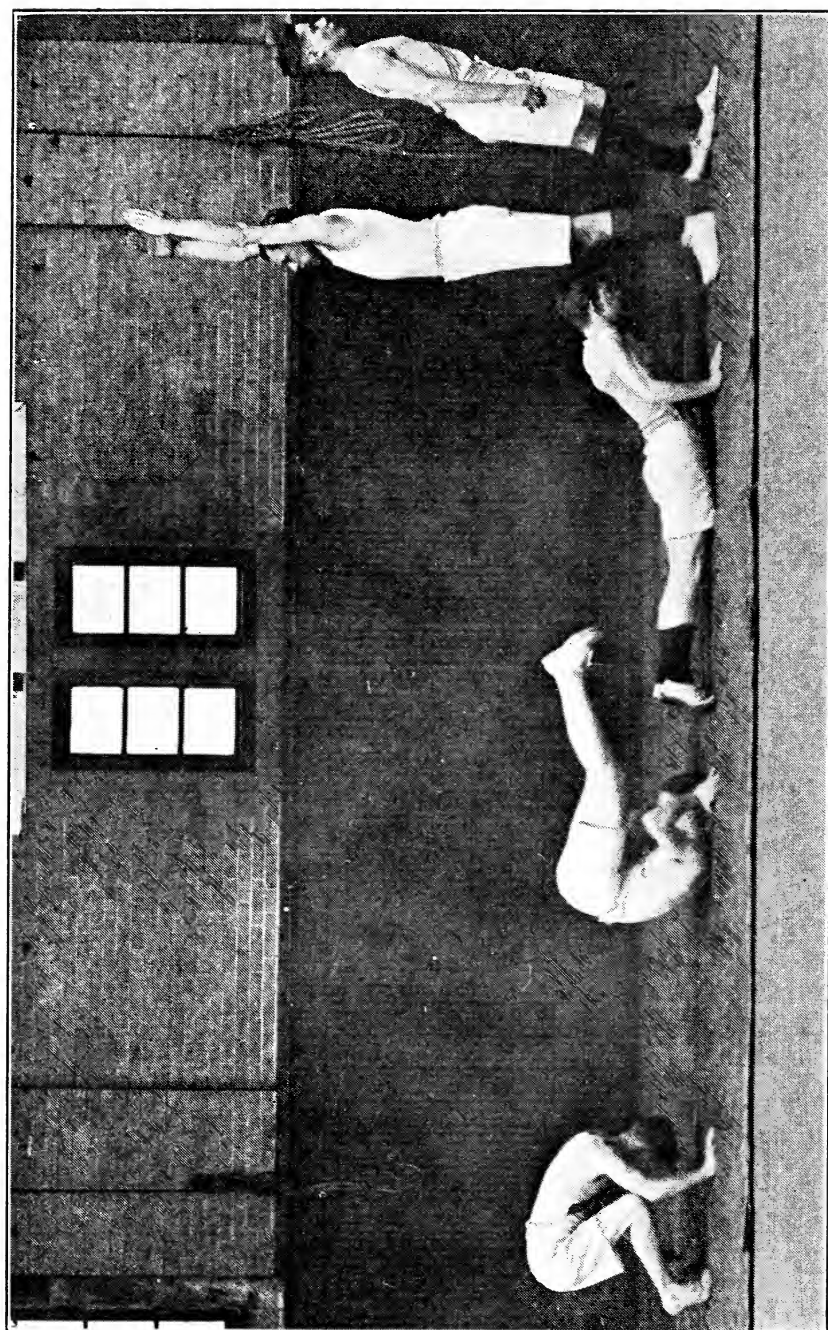
36. Same, holding right foot (F).

All positions in Figure 4 may be performed by hopping on the right foot during the first half of the race and return hopping on the left. It makes a more difficult race.

37. Run on all fours as in (A) Figure 5. Sprint on the return in this and other positions in Figure 5.

38. Run in the squat or full bent knee position as in (B), Figure 5. Keep the trunk erect.

39. Run in the elephant walk position.



A

B

C

D

FIGURE 6

Keep the arms and legs straight, Figure 5 — (C).

40. Place the hands on the ground, hop on the left foot with the right leg raised backward. Figure 5 — (D).

41. Same, and hop on right foot.

42. Place hands on ground and hop with feet between hands (frog jump). Figure 5 — (E).

43. The same with feet outside of hands.

44. Alternate 42 and 43.

45. Run forward on hands and feet as in (F) Figure 5.

46. Run backward as in (F) Figure 5 — (Crab race).

The distance of the races in *B*, *E* and *F* should be short, as they are quite difficult.

47. Run and perform a forward roll in center of course, tag goal and return on the sprint. Keep doubled up during the roll, with chin and knees to the chest. Figure 6 — A. See Figure 15.

48. Forward roll as in A, then jump and touch toes in rear as in position C, Figure 3, and continue race.

16 CONTESTS FOR ARMY, NAVY, AND SCHOOL

49. Forward roll, and touch toes front, as in *D*, Figure 3.

50. Forward roll, and full turn right or left, as in *E*, Figure 3.

51. Run to center, half turn and backward roll as in *B*, Figure 6, finish the race by running forward.

52. Run backward, backward roll, run backward until the goal is reached, run forward on the return.

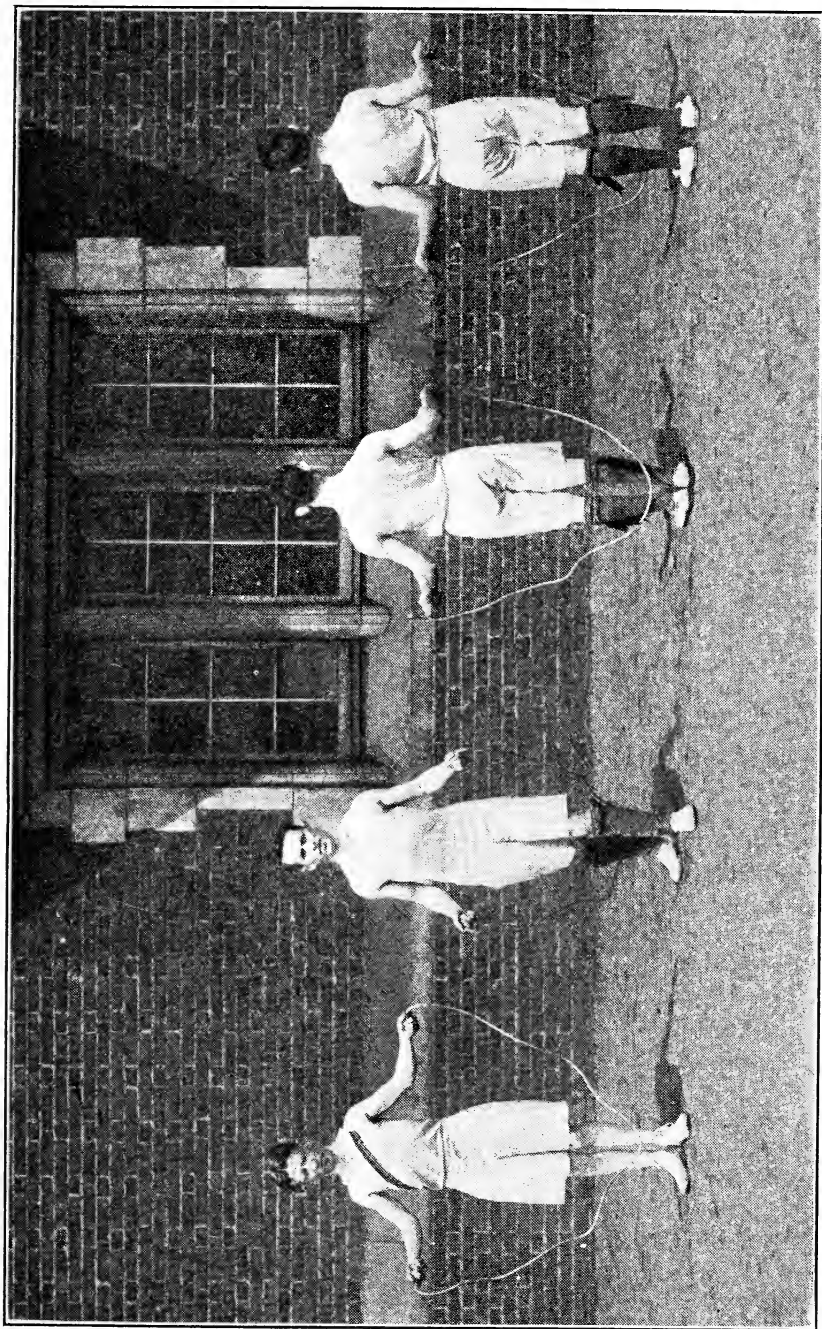
53. Run to center, fall forward as in *C*, Figure 6, body rigid, jump to feet and continue. See Figure 23 — *C*.

54. Fall forward as in *C*, slap chest with both hands while in front-leaning-rest position, jump to feet and run.

55. The same and slap the chest three times in succession.

56. Run to center, rise on toes, arms overhead, one half turn right or left and fall forward as in *D*, Figure 5 (stage fall), run forward.

57. The same and after fall, run backward.



B *A* *D* *C*
FIGURE 7

ROPE RACES

58. Run to center of course, swing and jump the rope forward as in Figure 7 — position *A*, three times. Run to goal, return and hand the rope to the person at the head of the file.

59. Run forward to the center, swing the rope backward and jump three times. Figure 7 — *B*.

60. Jump or skip the rope forward three times, Figure 7 — *A*, during the run before the goal is reached.

61. Run forward and swing the rope backward as in *B* three times. This is difficult.

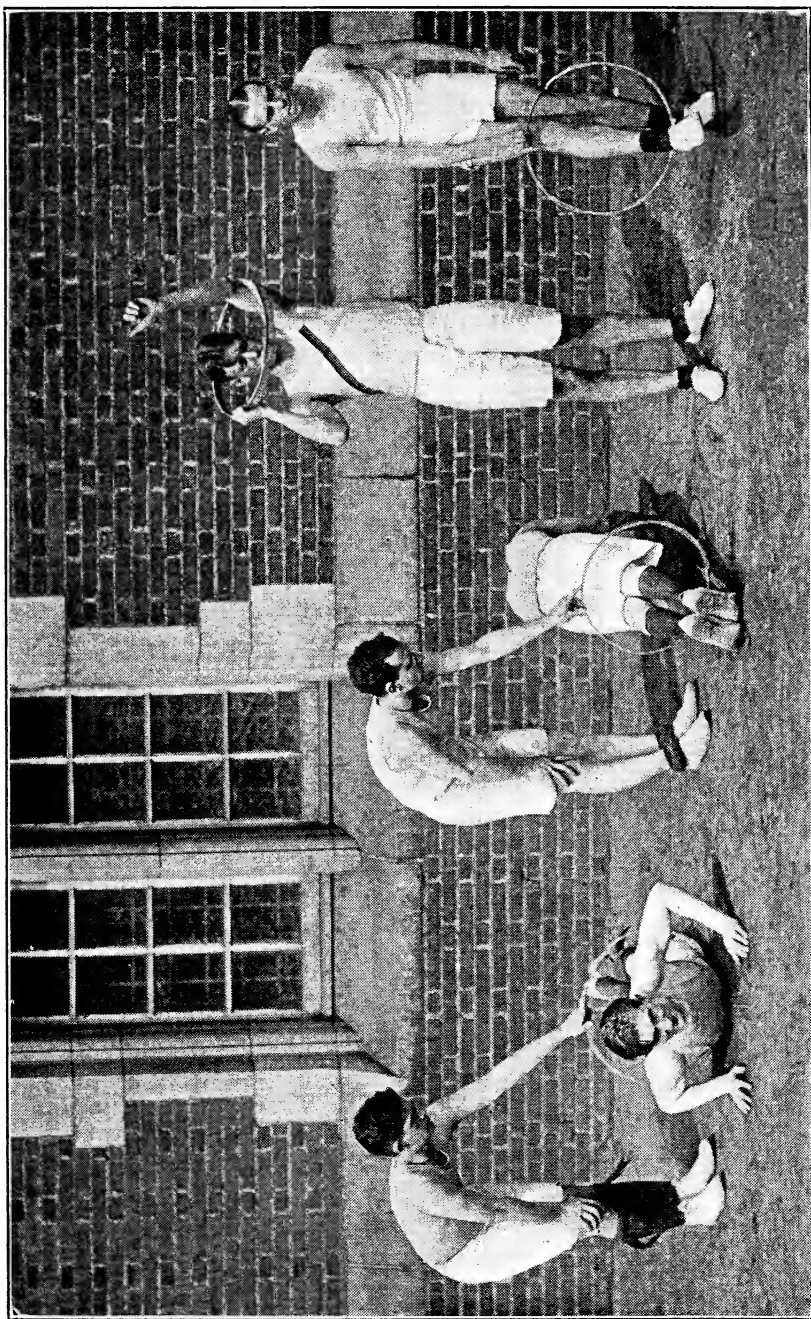
62. Run backward as in *C* Figure 7 and swing the rope backward three times.

63. Run backward and swing the rope forward, as in *D*, three times. This is very difficult.

Many other rope races may be included, such as hopping on one foot, then the other, swing the rope twice during each jump, etc.

HOOP RACES

64. Run and put the hoop over the head and take it from beneath the feet as in *A*, Figure 8, without a pause.



A

B

D

C

FIGURE 8

20 CONTESTS FOR ARMY, NAVY, AND SCHOOL

65. Run and start the hoop beneath the feet as in Figure 8 — *B*.

66. Sit in the hoop and waddle to goal. Return sprinting.

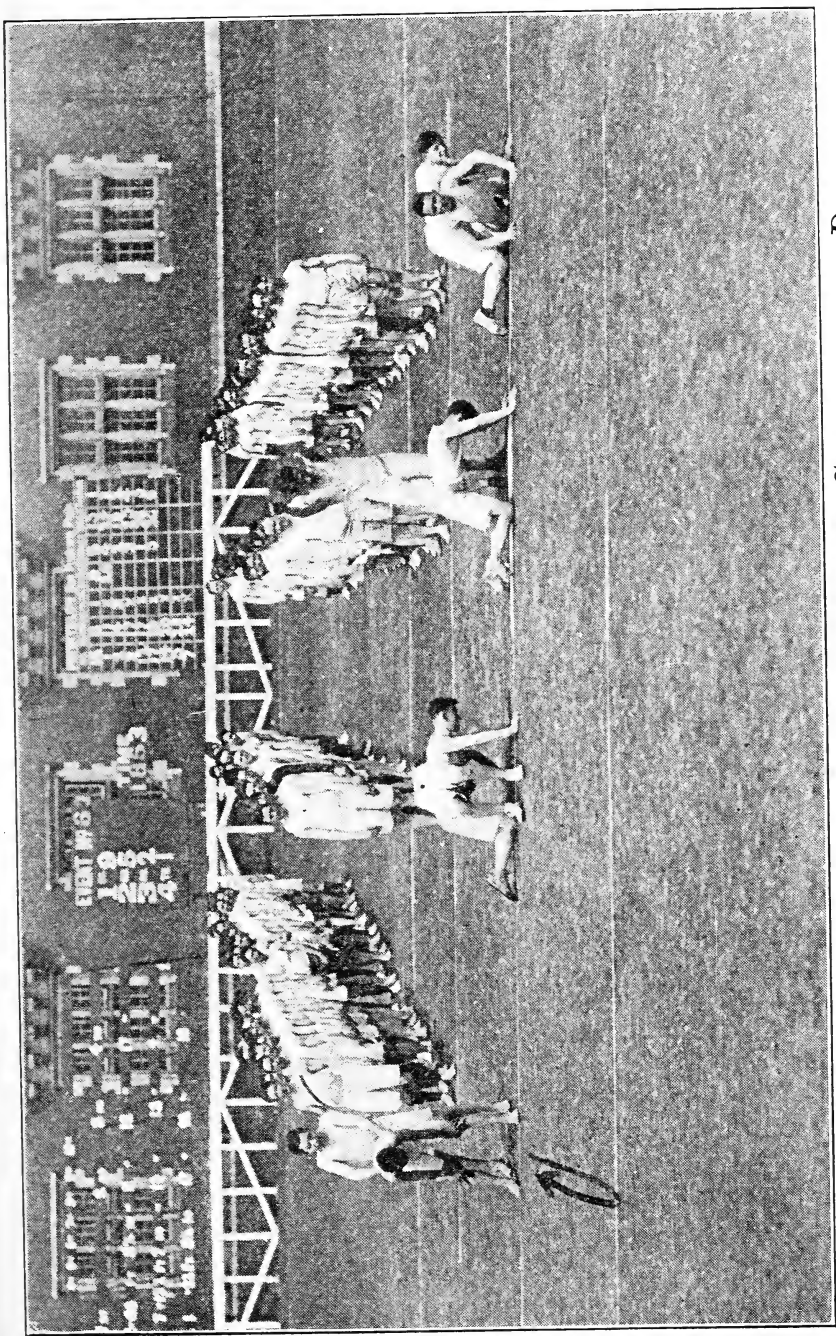
67. The man at the head of the line goes to the center of the course and holds the hoop as in *C*. At the command "go" the person at the head of the line runs, crawls through the hoop, tags the goal line, returns and takes the hoop. The man who held the hoop runs to file, touches his man and goes to the rear.

68. Run and crawl through the hoop, turn left, run around man holding hoop and run to goal. Finish as in 67.

69. Run and crawl through hoop backward as in *D*, Figure 8.

70. Run, fall forward rigid, Figure 6—*C*, and crawl through hoop forward.

71. The first man in the line bends forward, as in *A*, Figure 9. When the race is started the man at the head of the line runs and straddles over the bent man, runs to goal, returns, tags bent man and takes his place. The man who was bent returns and tags the next man in line and goes to the rear. In order to



D

C

FIGURE 9

B

A

22 CONTESTS FOR ARMY, NAVY, AND SCHOOL

secure a steady base, the bottom man steps forward with left foot, places both hands on left knee and bends forward as in *A*, Figure 9. In all the contests where a man is stationed in the center of the course the races are run in this manner.

72. Run, straddle over kneeling man, perform a half right or left turn and run backward to goal.

73. Run, straddle over kneeling man. The kneeling man quickly faces other way (see arrow) straddle again, then faces as in *A* with another straddle and runs to goal. Three straddles in quick succession.

74. Man kneeling on hands and knees, the runner rolls over. It is necessary to keep the arms straight and hands close to kneeling man. The bottom man may assist by humping his back while top man is rolling over. This is a very amusing race as many fail to get over at the first trial. Figure 9—*B*.

75. Bottom man stands as in *A*, Figure 9, facing as in *B*. The runner rolls sideward over the bottom man's back.

76. Run, and dive over the kneeling man as

in *C*, Figure 9. The man who dives should double up as in the front roll and not dive too far.

77. Run, and crawl under the kneeling man as in Figure 9 — *D*. The bottom man may stand on the hands and feet as in *C*, Figure 5.

78. Roll over as in *B*, then crawl under as in *D*, facing opposite direction.

79. Run, and head spring from kneeling man's back.

80. Run, advancing medicine ball with the feet, or by kicking, as in *A*, Figure 10. Both going and returning.

81. While running pass the ball around the waist from front to front as in *B*, Figure 10.

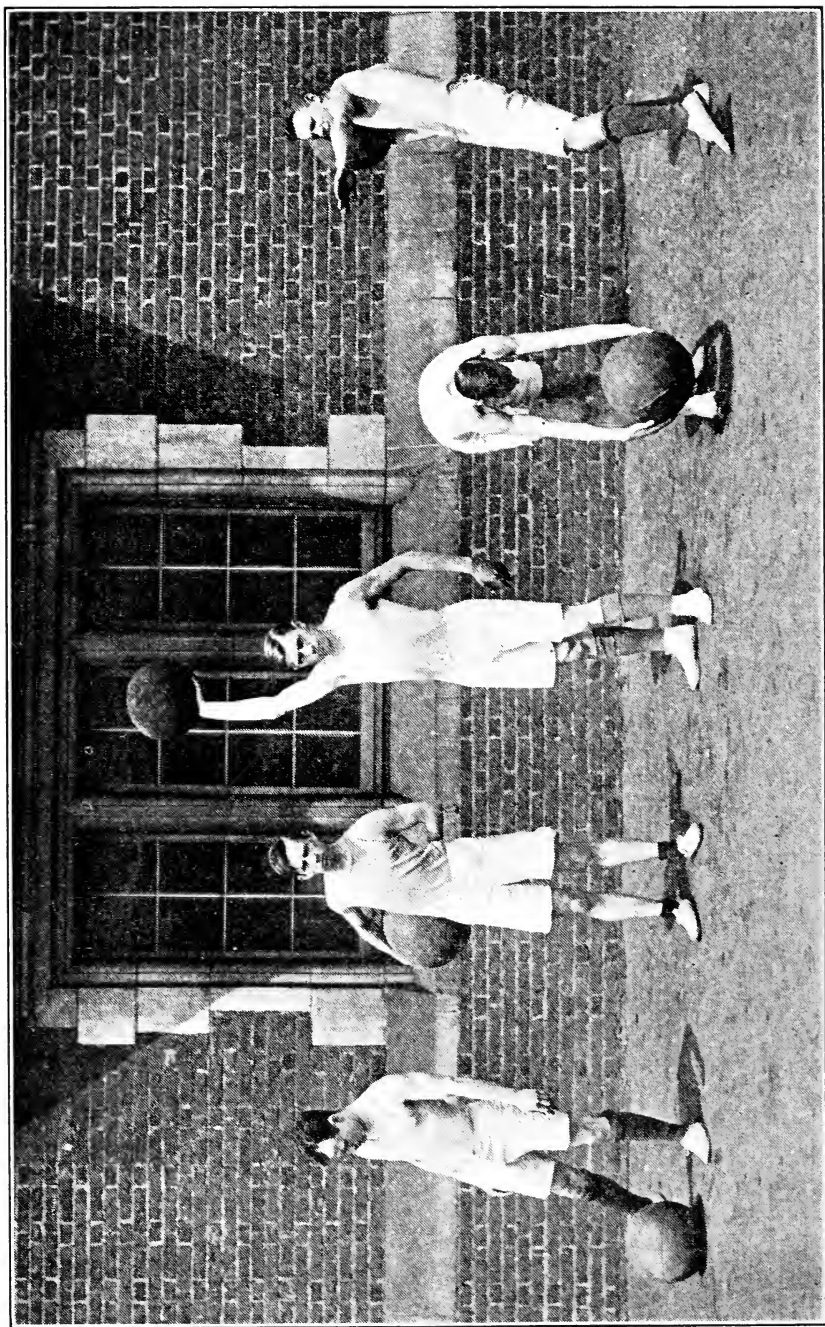
82. Run holding ball back of head, as in Figure 11 — *A*.

83. Run, balancing ball in the right hand. This is very much more difficult than it appears in the illustration, Figure 10 — *C*.

84. Balance ball in the left hand.

85. Run backward, balancing ball in either hand.

86. Run, body bent forward, and carry ball as in Figure 10 — *D*.



A *B* *C* *D* *E*

FIGURE 10

87. Put the ball as you would a shot, then try to beat it to the goal. It must pass the goal line. If it fails to reach the goal it must be pushed along till it does. This requires judgment as to distance. Many put the ball too far and so have a greater distance to run. Figure 10 — *E*.

88. Run, put the ball from the chest and try to beat it to the goal line.

89. Run and throw it from the back of the head, Figure 11 — *A*, and try to beat it to the goal line.

90. The same and throw it from arms extended at right side of the body. Figure 18 (*B*).

91. The same, left side of body.

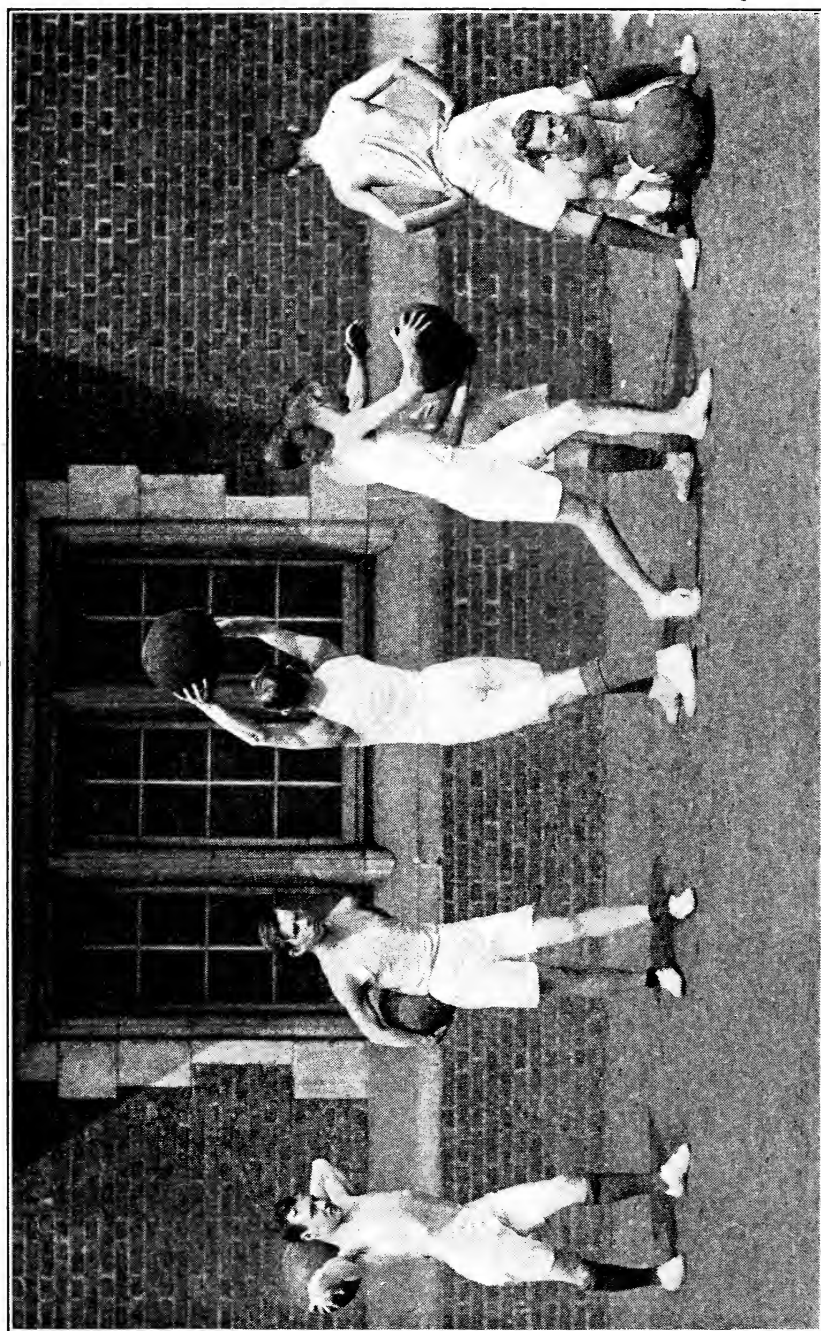
92. From arms extended over head. Figure 11 (*C*).

93. Throw the ball while running as in Figure 10 — *D*.

94. From position *E*, Figure 25, throw the ball and endeavor to beat it to the goal line.

95. Run, holding ball back of head as in *A* — Figure 11.

96. Run, holding ball in small of back as in *B* — Figure 11.



E

D

C

FIGURE 11

B

A

97. Run backward, holding ball over head as in *C* — Figure 11.

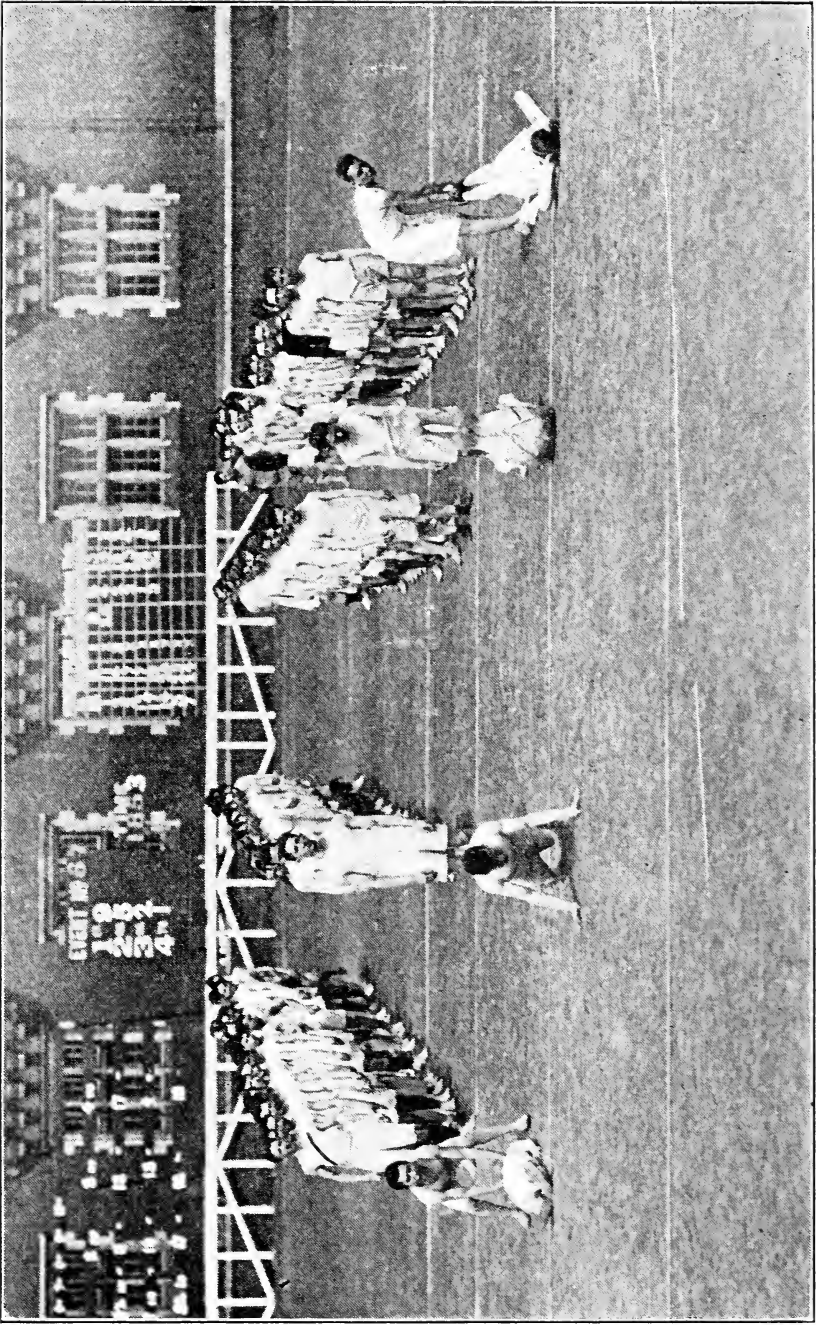
98. A man stands in the center of the course facing class or company. The man at the head of the class when started runs around the center man, as in *D* — Figure 11, and hands him the ball in front. As soon as the stationary man receives the ball he runs around his man, tags the goal line, returns to class and hands ball to man next in line.

99. The runner crawls between the legs of the stationary man and hands him the ball in front. As soon as the stationary man receives the ball he runs around the man from whom he received it and proceeds as in 98.

In the last two races if medicine balls are not available, a coat formed into a ball and tied by the sleeves will serve the purpose. A pillow in the form of a ball stuffed with hay, straw, felt or old cloth will also answer the purpose. Stones weighing five or six pounds may be used.

MAN LIFTING RELAYS

100. The first man in each file lies on his back in the center of the course with his head



A

B

FIGURE 12

C

D

toward the class or company. At the command "start," the man at the head of the line runs and grasps the man who is in a supine position by the back of the neck and raises him to his feet. The man who was raised runs to the goal line and returns to tag the man at the head of the class. Immediately upon raising his man the lifter lies on his back. The person lifted must keep stiff or rigid. The temptation to bend at the waist line is quite strong. Figure 12—A.

101. In this race the man after being raised falls forward as in *B*, Figure 12, keeping stiff throughout. The lifter then takes his place. Proceed in the race as in 100. See Figure 23 for detailed movement.

102. After the lift and fall as in the preceding race, the racer slaps his chest or claps his hands while in position *B* and runs as explained in 100.

103. After being lifted from the supine position, forward roll, as in *C*, Figure 12.

104. Lie on back with feet toward class, palms of hands on floor, lift man by feet to standing position. Keep body stiff.

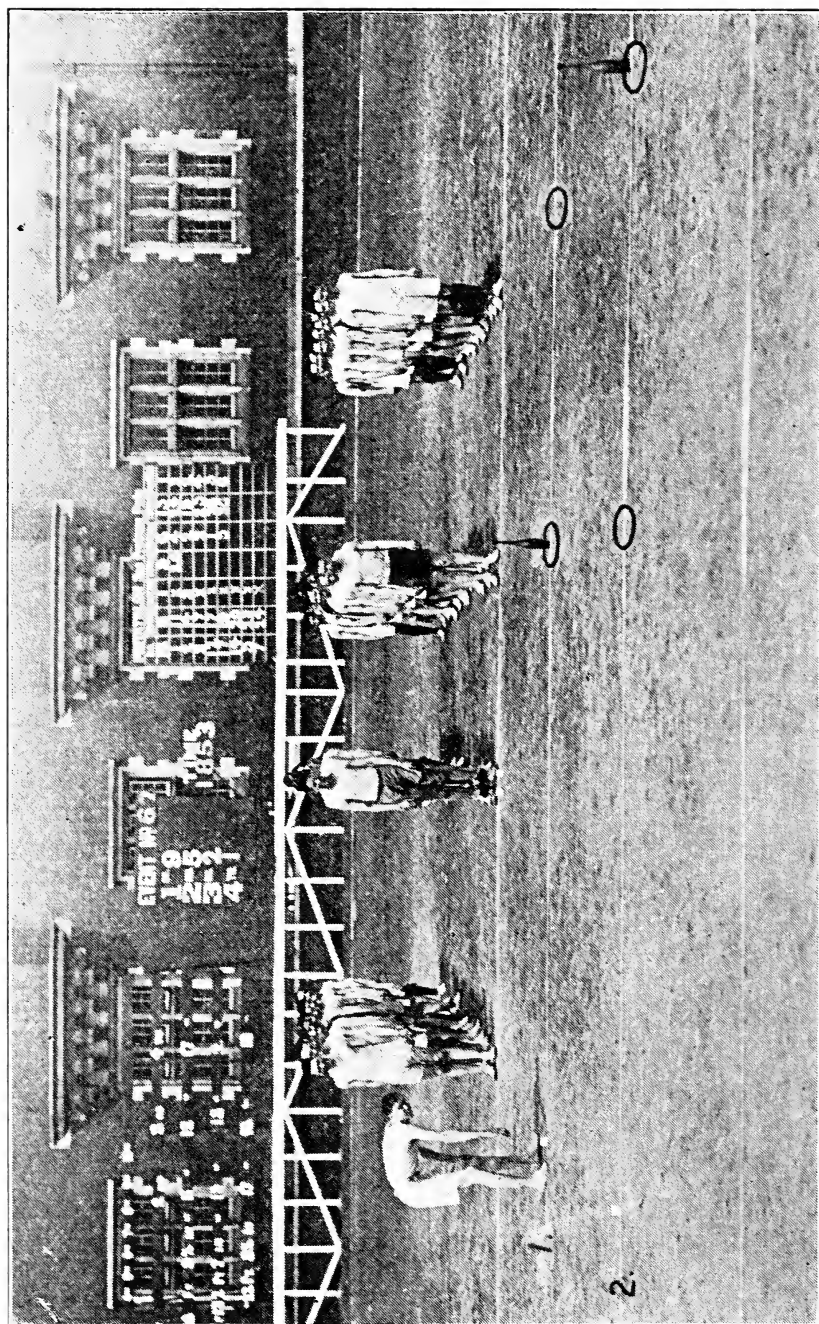


FIGURE 13

105. The same and run backward.

106. Lie on back with the feet toward class as in *D*, Figure 12. For the movement in detail see Figure 24. *B* grasps *A* by the ankles and raises him to position *C*, *D* then pushes the feet of *C* away, who alights on the mat. The body is kept stiff throughout. Perform 100 race, roll on back and perform 106.

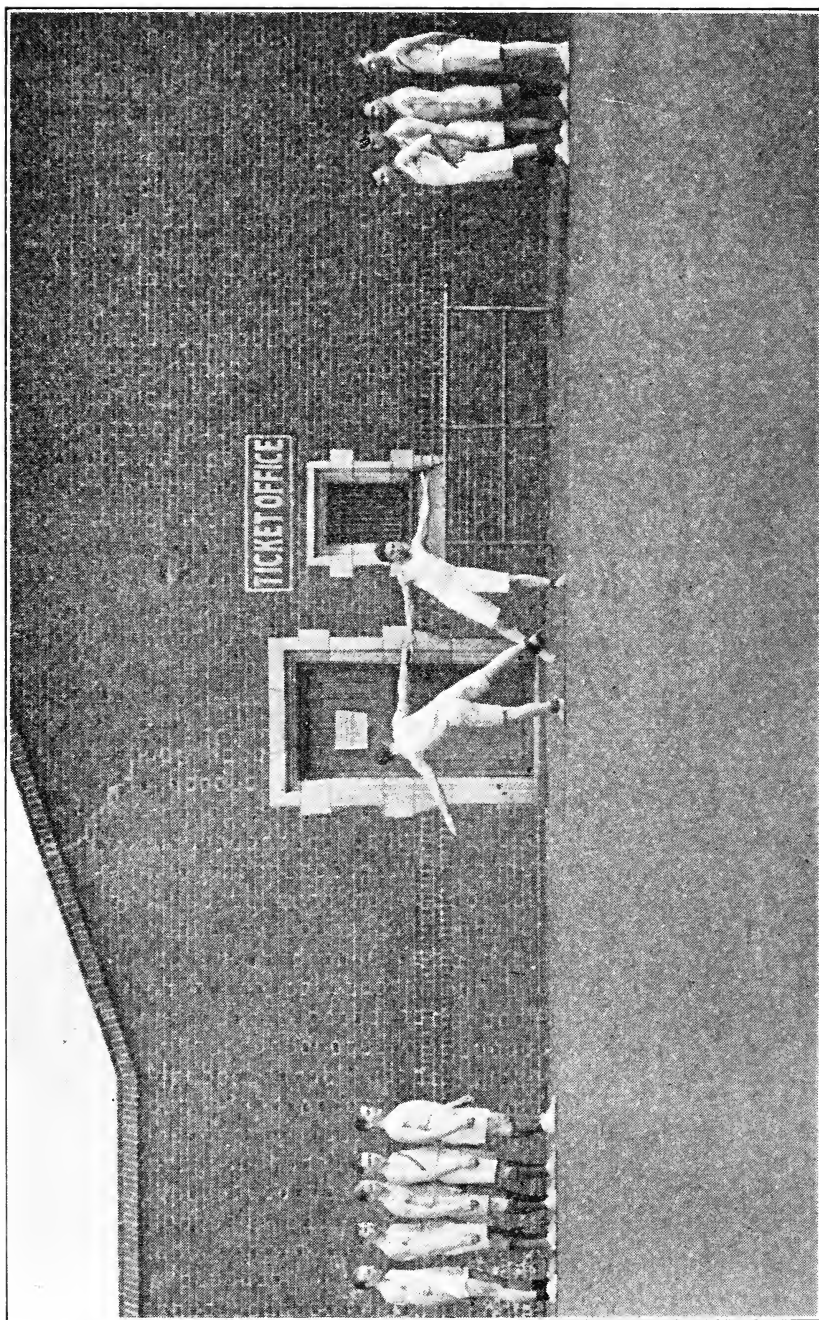
107. Perform 100, roll on back, perform 106, run backward.

108. Perform a back roll and run backward.

POTATO OR WOODEN BLOCK RELAY

109. The first man in the file takes one block and runs to the first or second line and places the block on the line as in *A*, Figure 13. He then returns, gets the other block and places it on the remaining vacant line or circle, tags the next man and goes to the rear. The second man picks up the blocks one at a time as in *B*. Blocks are preferable to potatoes, as they do not roll and are always on hand.

110. THE SPOON AND POTATO RELAY is a variation of the above and is run the same. The idea is to balance the potato on the



A

C

B

FIGURE 14

spoon. This race appeals to girls more than to boys.

111. CLUB UP RELAY. Run and take club from the near circle and place it in the far circle as in *C*, Figure 13. The second man takes the club from the far circle and places it in the near circle (*D*). If the club falls the runner must return and make the club stand.

112. With two clubs, one in each circle, conduct the race the same as in 109 (block relay).

113. FORWARD ROLL AND SET UP CLUB. Roll in the center and set club on the far circle as in *D*, Figure 13. The second man takes the club from the far circle as in *D* and rolls forward on the return trip.

114. Backward roll and set up club. Same as 113.

II

SHUTTLE RELAYS

In the shuttle races, the contestants in each team or file are divided into two equal squads as in *A* and *B*, Figure 14. In *A* there should be but four men. *A* runs and tags *B* and goes to the rear of the *B* file. As soon as *B* is tagged, he runs and tags the man at the head of the *A* file and goes to the rear. The men continue successively till all have completed. The file which changes from one side of the course to the other first is declared the winner. (*A* and *B* files change places.)

115. Run forward, as in Figure 1. *A* in Figure 14 runs to *B*, and *B* upon being tagged runs to *A*.

116. Run sideward, as in Figure 2 *A*.

117. Run sideward, as in Figure 2 *B*.

118. Run backward, as in Figure 2 *C*.

119. Run forward, with alternate raising of knees, Figure 2 *D*.

120. Run forward, with alternate raising of feet backward, Figure 2 *E*.

121. Run, body bent forward, Figure 3 *A*.

122. Run, body bent backward, Figure 3 *B*.

123. Combine 121 and 122. Take four steps between each bend.

124. Hopping. Alternate hopping on right and left foot, Figure 4 *A*.

125. Alternate hopping on right and left foot, Figure 4 *B*.

126. Alternate hopping on right and left foot, Figure 4 *C*.

127. Alternate hopping on right and left foot, Figure 4 *D*.

128. Alternate hopping on right and left foot, Figure 4 *E*.

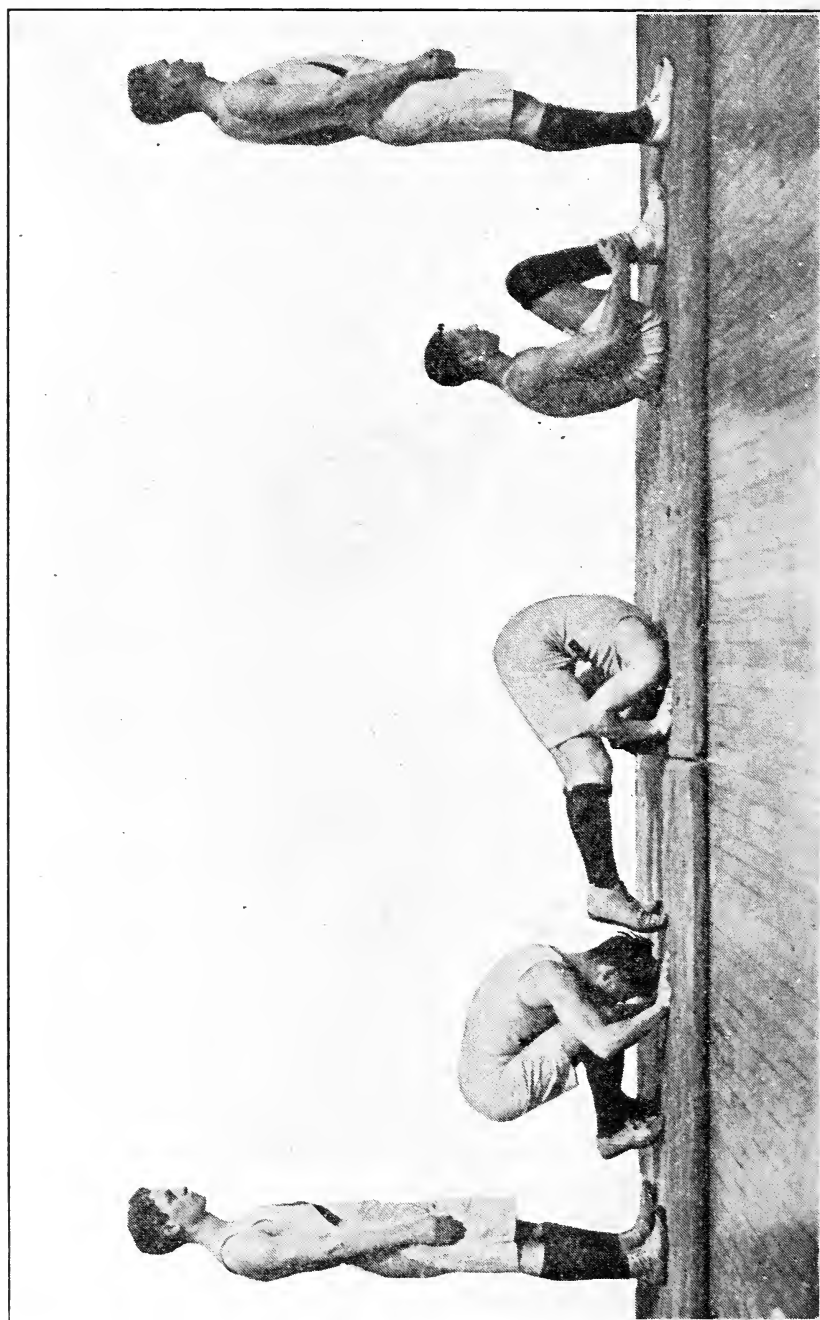
129. Alternate hopping on right and left foot, Figure 4 *F*.

In 128 and 129 exercises, touch the foot instead of holding it.

130. Hop on right foot, as in Figure 4 *A*.

131. Hop on left foot, as in Figure 4 *A*.

132. Hop on right foot, as in Figure 4 *B*.



E

D

C

B

A

FIGURE 15

133. Hop on left foot, as in Figure 4 *B*.
 134. Hop on right foot, as in Figure 4 *C*.
 135. Hop on left foot, as in Figure 4 *C*.
 136. Hop on right foot, as in Figure 4 *D*.
 137. Hop on left foot, as in Figure 4 *D*.
 138. Hop on right foot, as in Figure 4 *E*.
 139. Hop on left foot, as in Figure 4 *E*.
 140. Hop on right foot, as in Figure 4 *F*.
 141. Hop on left foot, as in Figure 4 *F*.
 142. Run on all fours, as in Figure 5 *A*.
 143. Squat run, as in Figure 5 *B*.
 144. Elephant run, as in Figure 5 *C*.
 145. Hop, as in Figure 5 *D*.
 146. Hop, feet between hands, as in Figure 5 *E*.
 147. Hop, feet outside of hands, as in Figure 5 *E*.
 148. Combine 146 and 147.
 149. Crab race forward, as in Figure 5 *F*.
 150. Crab race backward, as in Figure 5 *F*.
 151. Perform a front roll, as in Figure 6 *A*.
- The roll is somewhat difficult for the novice, although if one keeps the body well doubled up it should not be much of a task. Place the hands on the floor as in *B*, Figure 15, roll

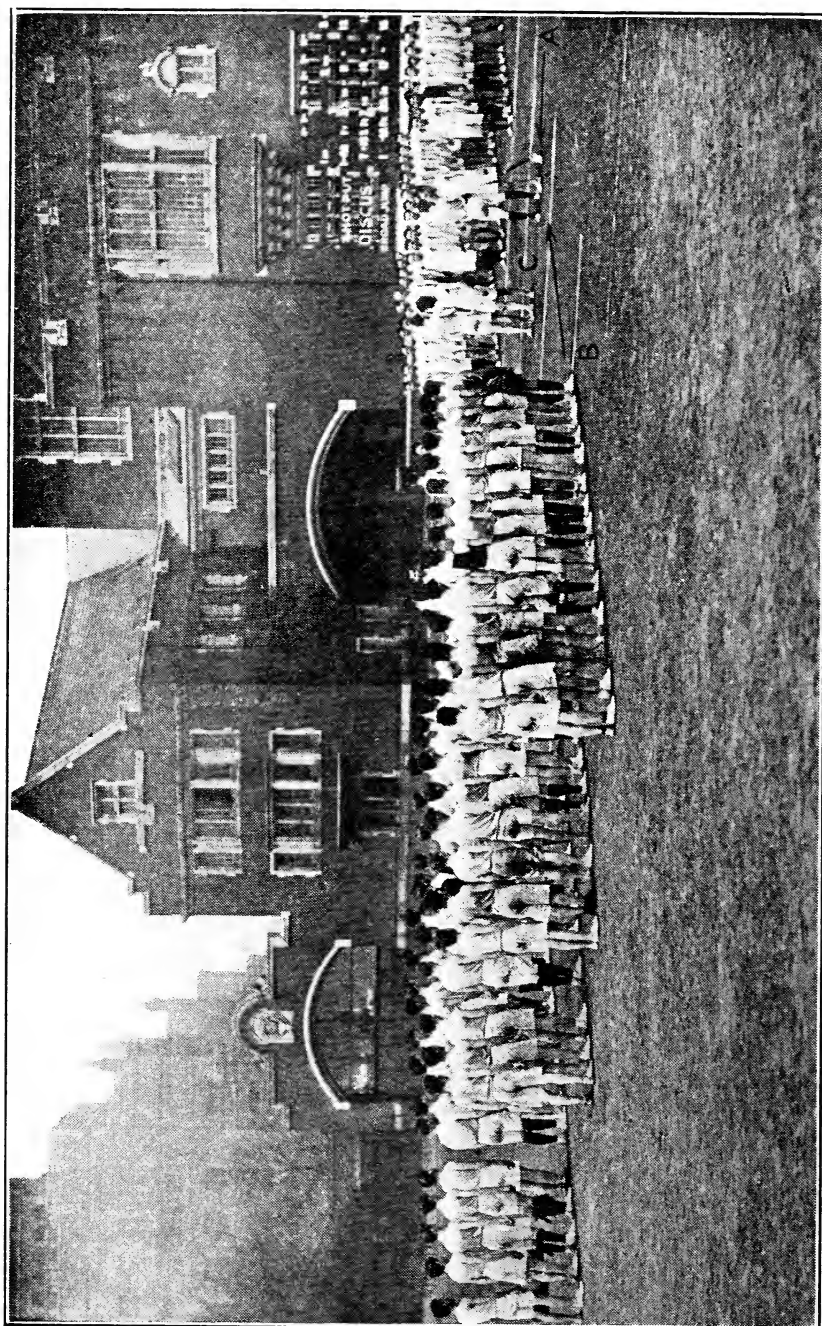


FIGURE 16

forward as in *C*, and grasp the knees as in *D*, which should bring one to the feet. Put the weight of the body on the hands. A roll is a necessary exercise and may one day prevent one's neck from being broken.

152. Run forward, $\frac{1}{2}$ turn right or left, back roll as in *B*, Figure 6.

153. Run backward and backward roll.

154. Run, fall rigid to the floor, Figure 6 (*C*).

155. Same and slap chest or clap hands.

156. Advance ball with foot, as in Figure 10 *A*.

157. Carry ball in small of back, Figure 11 *B*.

158. Circle ball around waist while running, Figure 10 *B*.

159. Run and balance ball in right hand, Figure 10 *C*.

160. Run and balance ball in left hand, Figure 10 *C*.

161. Run with body bent forward, Figure 10 *D*.

162. Run with ball back of head, as in Figure 11 *A*.

163. Run backward with ball over head, as in Figure 11 *C*.

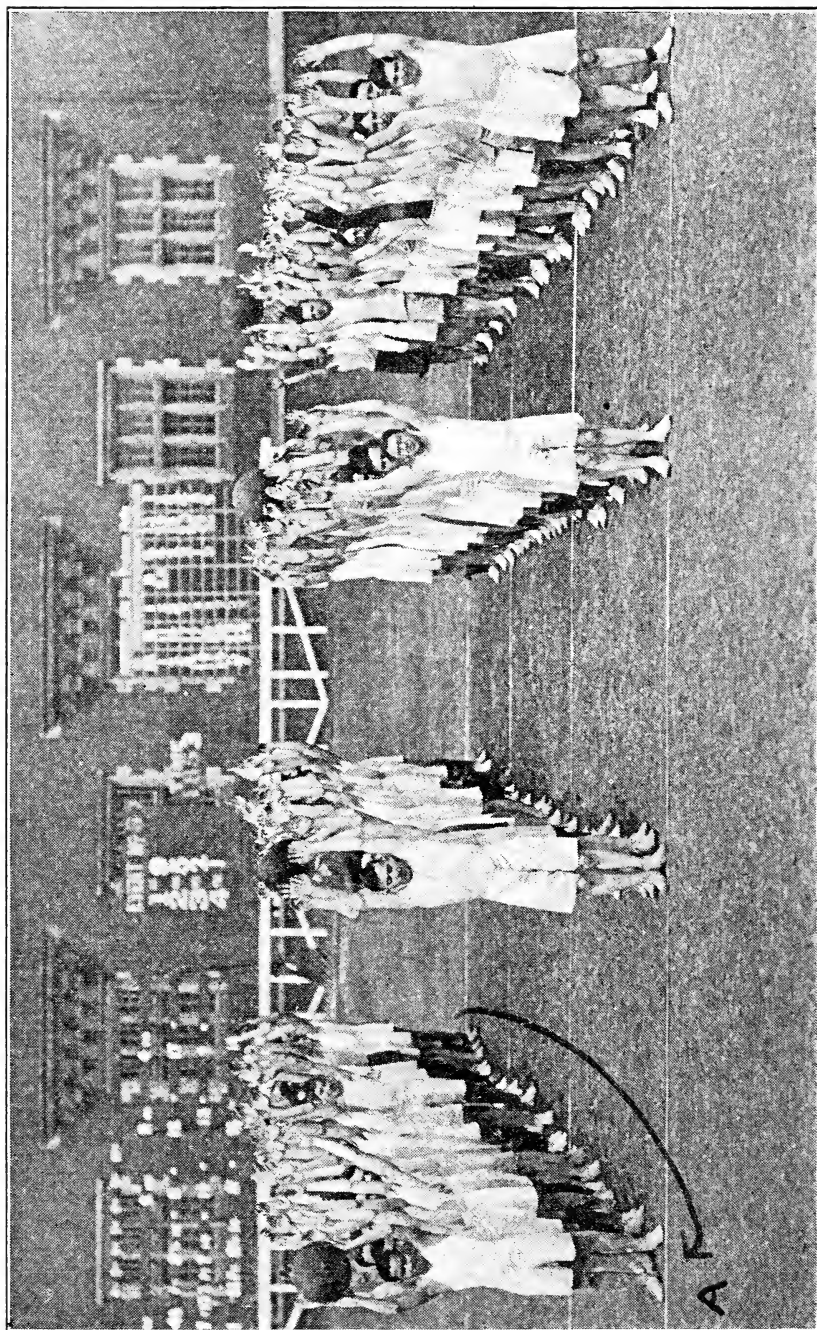


FIGURE 17

DOUBLE SHUTTLE RELAY RACES

For the want of a better term, I have called the following contests "DOUBLE SHUTTLE RELAY RACES." These are the same as the ordinary shuttle races, except that both *A* and *B*, as in Figure 16, start at the same time, instead of successively, and perform in the center of the course. All the exercises employed in 115-150 inclusive may be performed in this manner.

164. *A* and *B*, Figure 16, run to center, interlock right arm, full turn to the right as in *C*. Release right arm, interlock left arm and make a full left turn, release, run and tag man at the head of the opposite file from which start was made and go to the rear of the line.

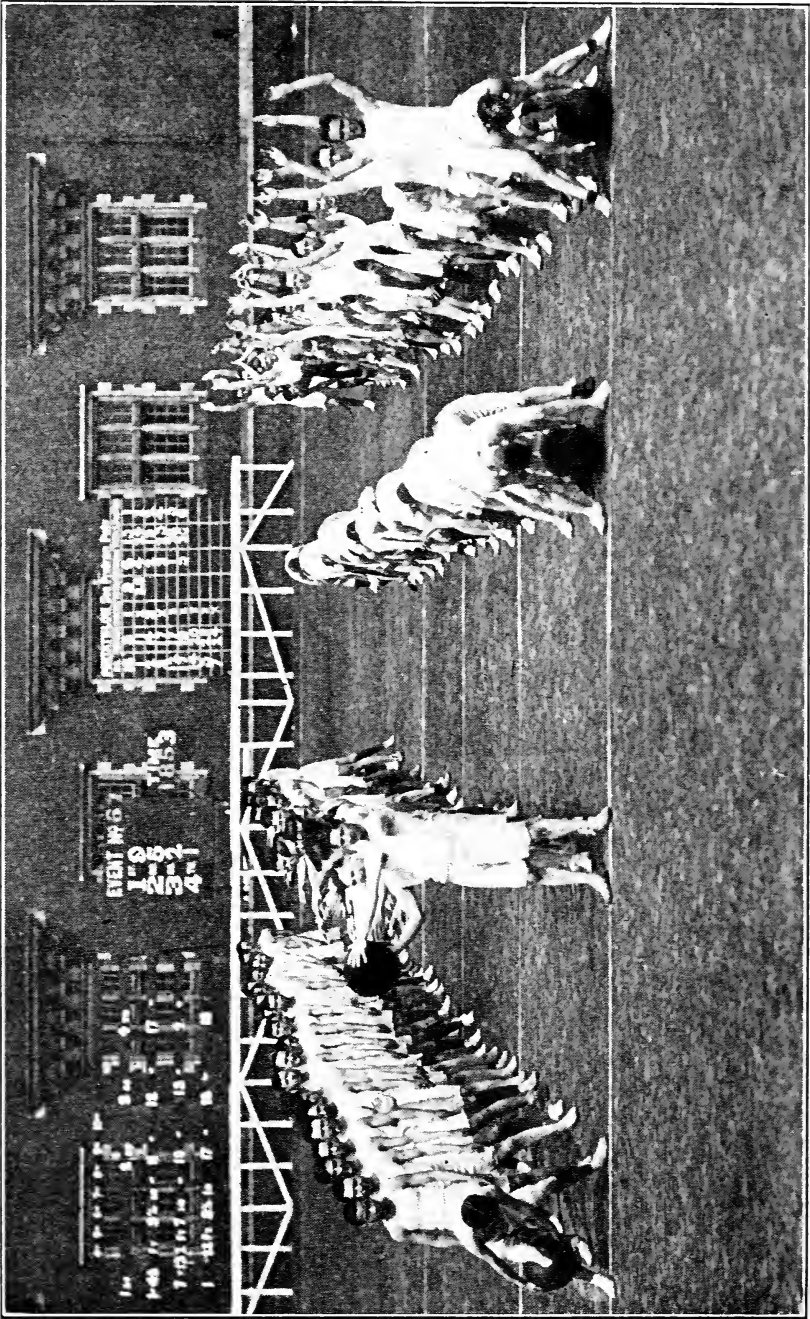
165. Interlock arms and hop, as in Fig. 4 *A*. Perform 165 and 172 inclusive, as described in 164.

166. Interlock arms and hop, as in Figure 4 *B*.

167. Interlock arms and hop, as in Figure 4 *C*.

168. Interlock arms and hop, as in Figure 4 *D*.

169. Interlock arms and hop, as in Figure 4 *E*.



D

A

FIGURE 18

B

C

- 170. Interlock arms and hop, as in Figure 4 *F*.
- 171. Interlock arms and hop, as in Figure 5 *B*.
- 172. Interlock feet and perform, as in Figure 14 *C*.

MEDICINE BALL PASSING

173. OVER HEAD RELAY. These relays are popular with all classes. The file may stand in close formation or one pace interval. Start the ball from the front as in *A* and pass it as quickly as possible to the rear. As soon as the rear man receives it he runs forward (see arrow) marked *A* and starts it over again. The rule of the race is that every player must touch the ball. Announce to the class or company that all rear men must return in either the right or left lanes in order to avoid congestion or collision. In this race there is a strong temptation on the part of some to throw the ball, and so miss several men in the file. This should not be allowed, as it tends to demoralize the game.

174. At the command "go" pass the ball back between the legs. The man at the head of the file should keep up to the line as the

44 CONTESTS FOR ARMY, NAVY, AND SCHOOL

tendency is to keep moving backward. Figure 18 A. Stones weighing five to ten pounds may be used.

175. Start the ball under. The rear man brings it forward and starts it under. The ball is passed over head to the rear of the line. It is then passed between the feet to the rear. This is called under and over.

176. Pass the ball to the right as in *B*, Figure 18.

177. Pass the ball to the left as in *B*, Figure 18.

178. The head man passes the ball to the right as in *B*, the next man in line returns it left to the front man. The front man passes it to the right to the second man, and so on in succession till it reaches the rear man.

179. The same starting the ball to the left side.

180. Pass the ball between the legs, around the right leg and back between the legs to the second man. Figure 18 (*C*).

181. Same left.

182. Around right leg, left leg, then between legs to the next man.

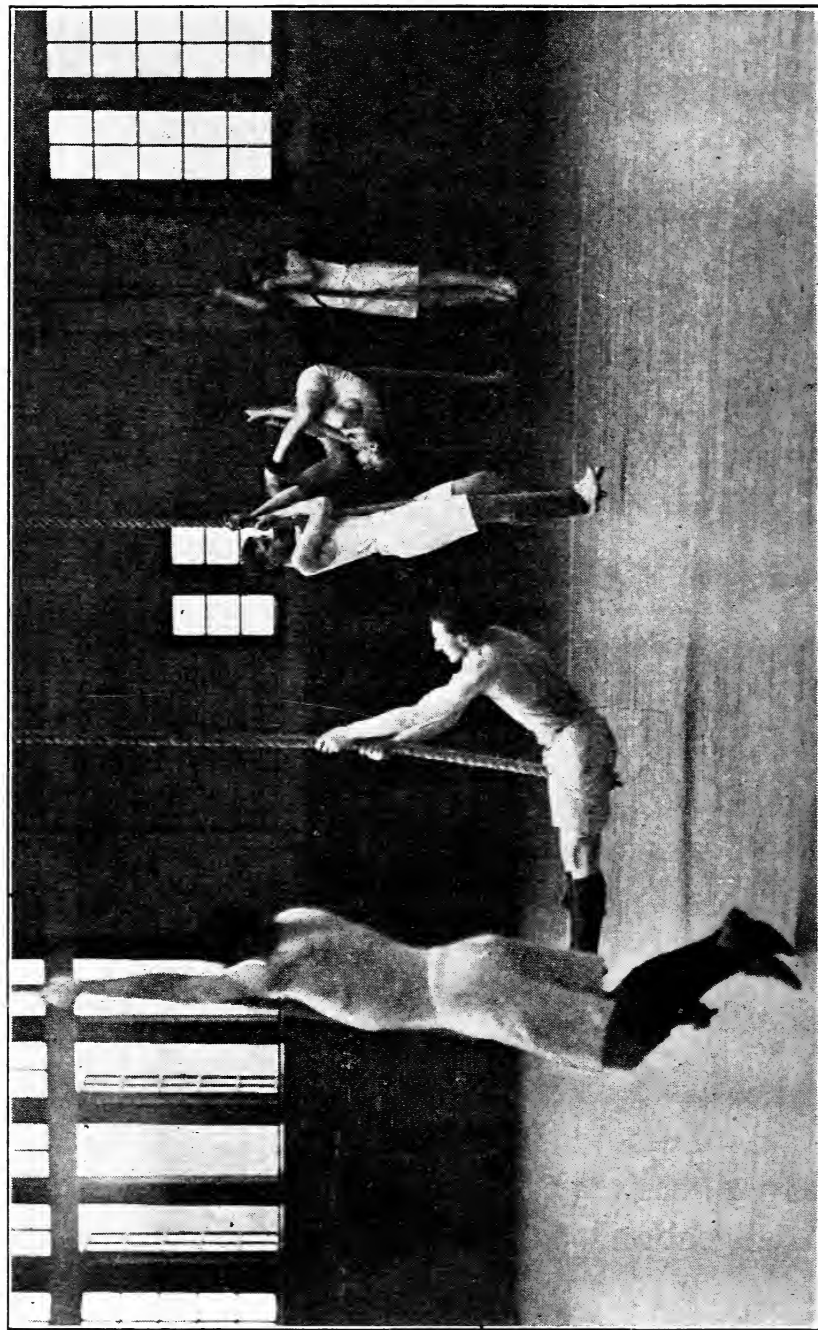
183. Alternate under and over.

The first man passes the ball between the legs, the next over head and so on successively to the rear. Figure 18 — *D*.

184. Over, under and over. The first man in line passes the ball over head to the next. As soon as the second man receives the ball he returns it between the legs of the first man. The first man then passes it over head. This is done successively till it reaches the rear. This game requires high coördination at first and is an excellent exercise.

It takes so long to send the ball to the rear in exercises 178 and 184 inclusive that these races may end when the rear man brings the ball front instead of the relay method as described in 173.

A novel relay is a game played with the basket ball. Each file must have a ball. The object of the contest is to pass the basket ball over or under, the last man then tries to shoot a goal in the basket ball ring. There are two methods of scoring; each rear person upon receiving the ball is allowed one throw for the goal and each goal counts one point. The



A B C D E

FIGURE 19

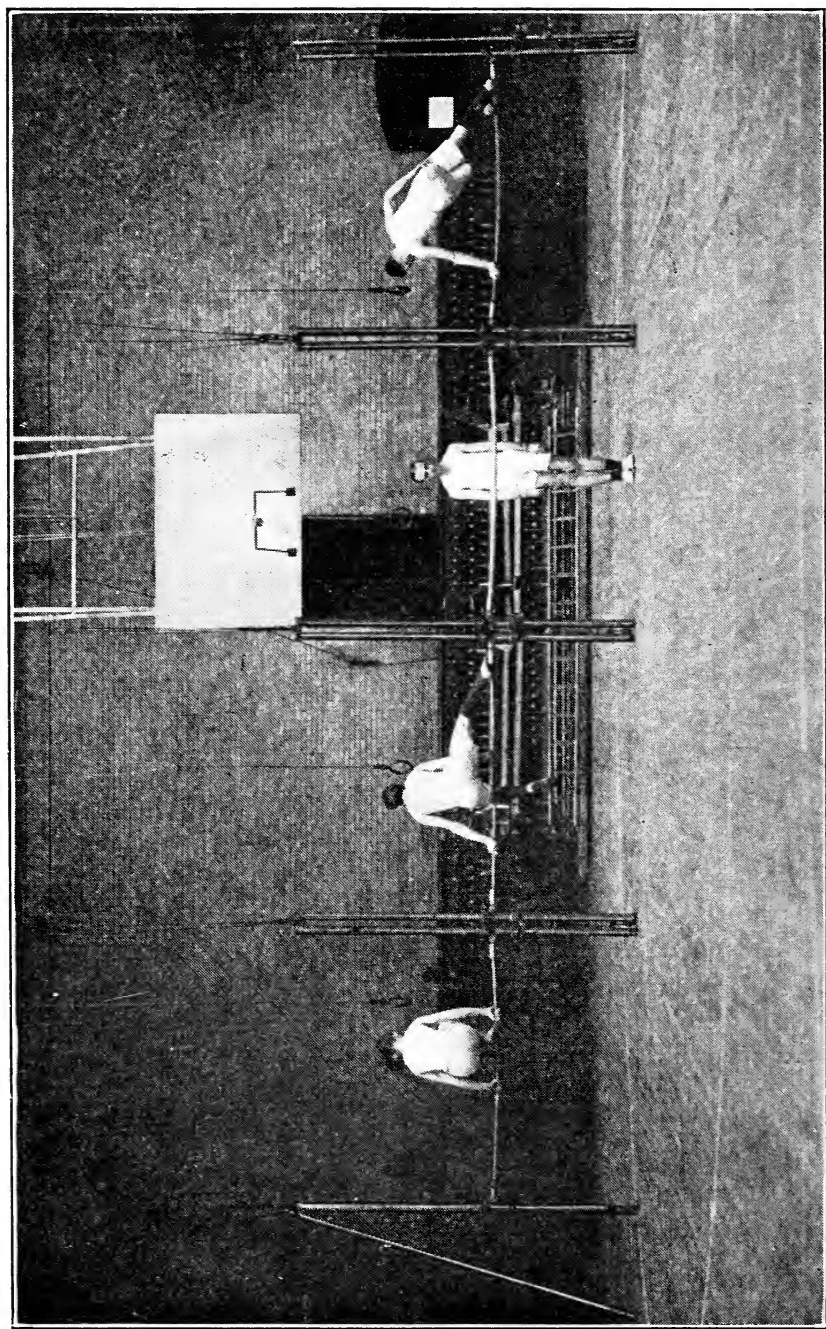
other way is to throw till each person makes a goal and time is the determining factor.

ROPE SWINGING RELAYS

The climbing rope is usually confined to the gymnasium and playground, and then not in great numbers. It should be, however, utilized whenever possible for races in which swinging is combined with climbing. The art of handling one's self on the rope may save life in case of fire. Several ropes should be available on board ship for these races. The rope is as necessary on the gymnasium floor or the playground as the horizontal bar.

185. Run, jump, grasp rope and perform an ordinary swing as in *A*, Figure 19. Swing in a direct line or the second man must run out of his course. It requires judgment to get a rope while it is swinging. Swing forward and at the end of the return swing, dismount and run to next in class. Figure 19 *A*.

186. Run, sit on the rope and swing as explained in 185. The rope should have a secure knot about 18 to 24 inches from the floor. Figure 19 *B*.



B

A

FIGURE 20

D

C

187. Run, stand on the rope and swing.
Figure 19 *C*.

188. Run, grasp rope, turn over to back hang, hold position to end of return swing and dismount. Figure 19 *D*.

189. Make a full turn right or left while swinging.

190. Hand over hand, two, three or more counts while swinging. Figure 19 *E*.

VAULTING RELAY RACES

Nearly every gymnasium is equipped with two or more vaulting bars, horses or bucks. The various vaults are rather difficult if performed while running and require some practice before they should be attempted in relay racing.

191. Run and perform a right flank vault, as in Figure 20 *B*.

192. Run and perform a left flank vault, as in Figure 20 *B*.

193. Run and perform a right front vault, as in Figure 20 *A*.

194. Run and perform a left front vault, as in Figure 20 *A*.

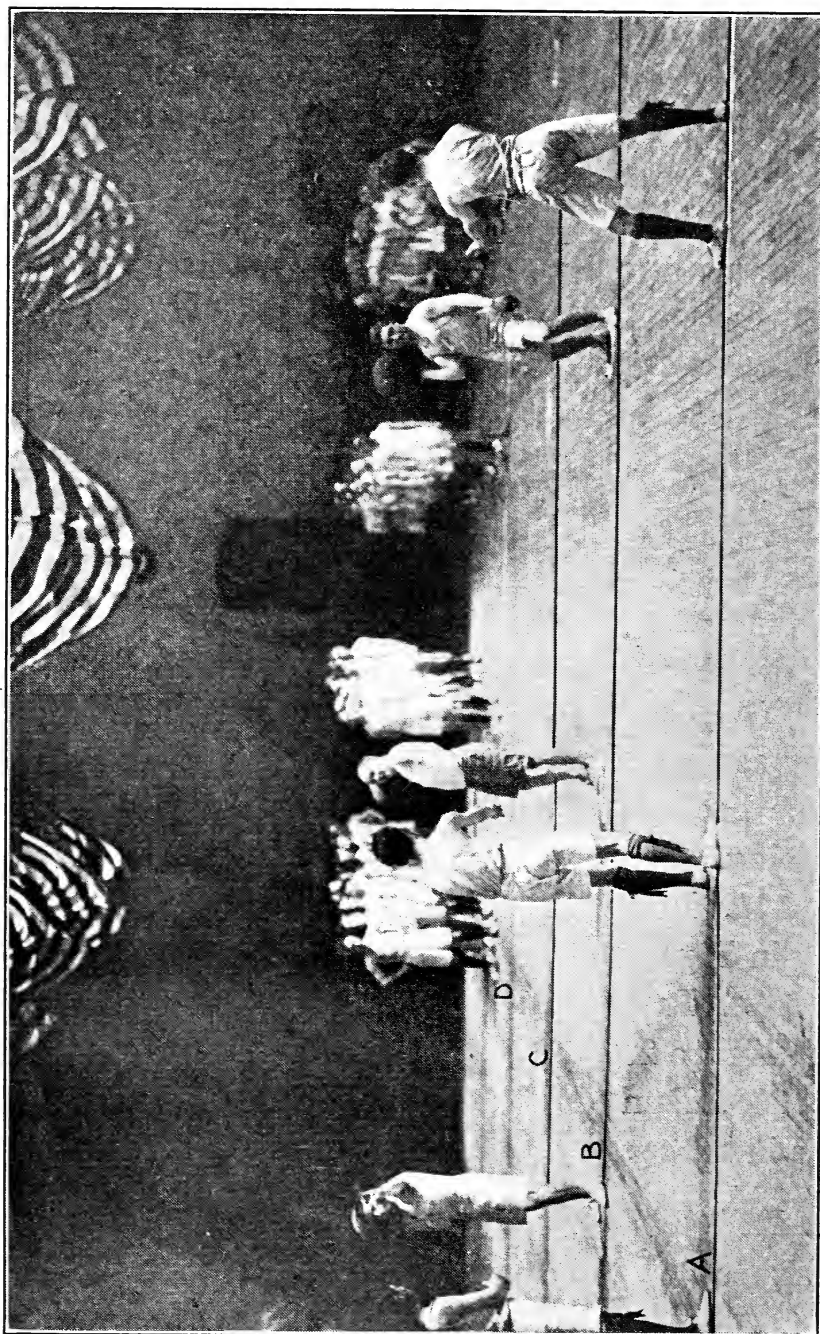


FIGURE 21

195. Run and perform a right rear vault.

196. Run and perform a left rear vault.

In a flank vault the side of the body faces the bar while passing over it. In a front vault, the front of the body faces the bar, and the back is toward the bar while passing over in a rear vault.

197. Run and execute a right wolf vault. Left foot between hands and right leg extended to side as in Figure 20 *D*.

198. Same left.

199. Run and squat vault between the hands as in Figure 20 *C*. Run under the bar on the return trip as in *C*, Figure 34.

III

PROGRESSIVE RELAY RACES

For want of a better term, I have called these contests "Progressive Relay Races." They are conducted the same as the file and shuttle races, except that they are done progressively. It is well to build up in progressive racing as the contestants are apt to become confused if performed as in Figure 22 using all stations.

Commence as in Figure 21. The first man in each line takes his station at *A*. Without apparatus the next man who is marked *D*, runs forward and tags *A* and then remains on *A* goal line. *A* as soon as tagged returns and tags the next man at the head of the file. Build up the progressive race by starting with men stationed on *A* and *B* and conduct as just explained. Finally station a man on *A*, *B* and *C*, as in Figure 22.

Additional stations may be added, if it is

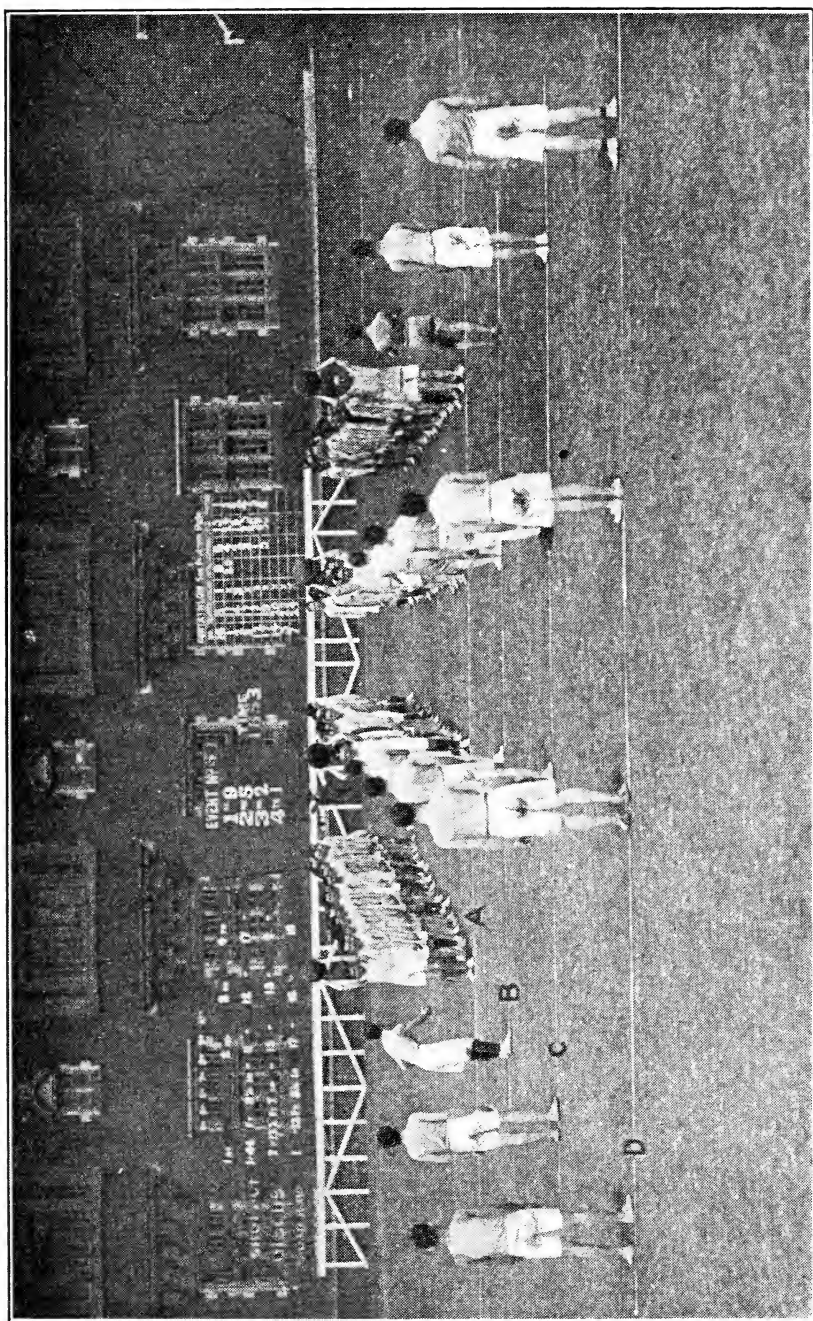


FIGURE 22

54 CONTESTS FOR ARMY, NAVY, AND SCHOOL

deemed necessary, but usually three stations are sufficient.

Explanation of Progressive Relay Race.

These men in each file are stationed on *B*, *C* and *D*, Figure 22, facing class or company. At the command "go" *A* runs forward and tags *B*, and remains on the *B* line, *B* when tagged sprints to *C* and remains on the *C* line, *C* runs and tags *D* and gets on the *D* line. When *D* is tagged he returns and tags the man at the head of the line (position marked *A*), and goes to the rear of the class. As soon as *A* is tagged the same program is repeated, and so on successively till the men who started on the *D* station get to the *D* station again when the race is finished. *D has not completed the race when he gets to the head of the file.* He must finish where he starts, which is the *D* line.

200. Progressive relay forward, as explained in Figure 22. See Figure 1.

201. Run sideward, as in Figure 2 *A*.

202. Run sideward, as in Figure 2 *B*.

203. Run backward, as in Figure 2 *C*.

204. Run forward, with alternate raising of knees, Figure 2 *D*.

205. Run forward, with alternate raising of feet backward, Figure 2 *E*.

206. Body bent forward, as in Figure 3 *A*.

207. Body bent backward, as in Figure 3 *B*.

Hopping (alternate).

208. Alternate hopping on right and left foot, Figure 4 *A*.

209. Alternate hopping on right and left foot, Figure 4 *B*.

210. Alternate hopping on right and left foot, Figure 4 *C*.

211. Alternate hopping on right and left foot, Figure 4 *D*.

HOPPING

212. Hop on right foot, as in Figure 4 *A*.

213. Hop on left foot, as in Figure 4 *A*.

214. Hop on right foot, as in Figure 4 *B*.

215. Hop on left foot, as in Figure 4 *B*.

216. Hop on right foot, as in Figure 4 *C*.

217. Hop on left foot, as in Figure 4 *C*.

218. Hop on right foot, as in Figure 4 *D*.

219. Hop on left foot, as in Figure 4 *D*.

220. Hop on right foot, as in Figure 4 *E*.

Touch foot during hop.



C

B

A

FIGURE 23

221. Hop on left foot, as in Figure 4 *E*.
Touch foot during hop.

222. Hop on right foot, as in Figure 4 *F*.
Touch foot during hop.

223. Hop on left foot, as in Figure 4 *F*.
Touch foot during hop.

224. Run on all fours, as in Figure 5 *A*.

225. Squat run, as in Figure 5 *B*.

226. Elephant run, as in Figure 5 *C*.

227. Hop, right leg rear, as in Figure 5 *D*.

228. Hop, left leg rear, as in Figure 5 *D*.

229. Hop, feet between hands, as in Figure
5 *E*.

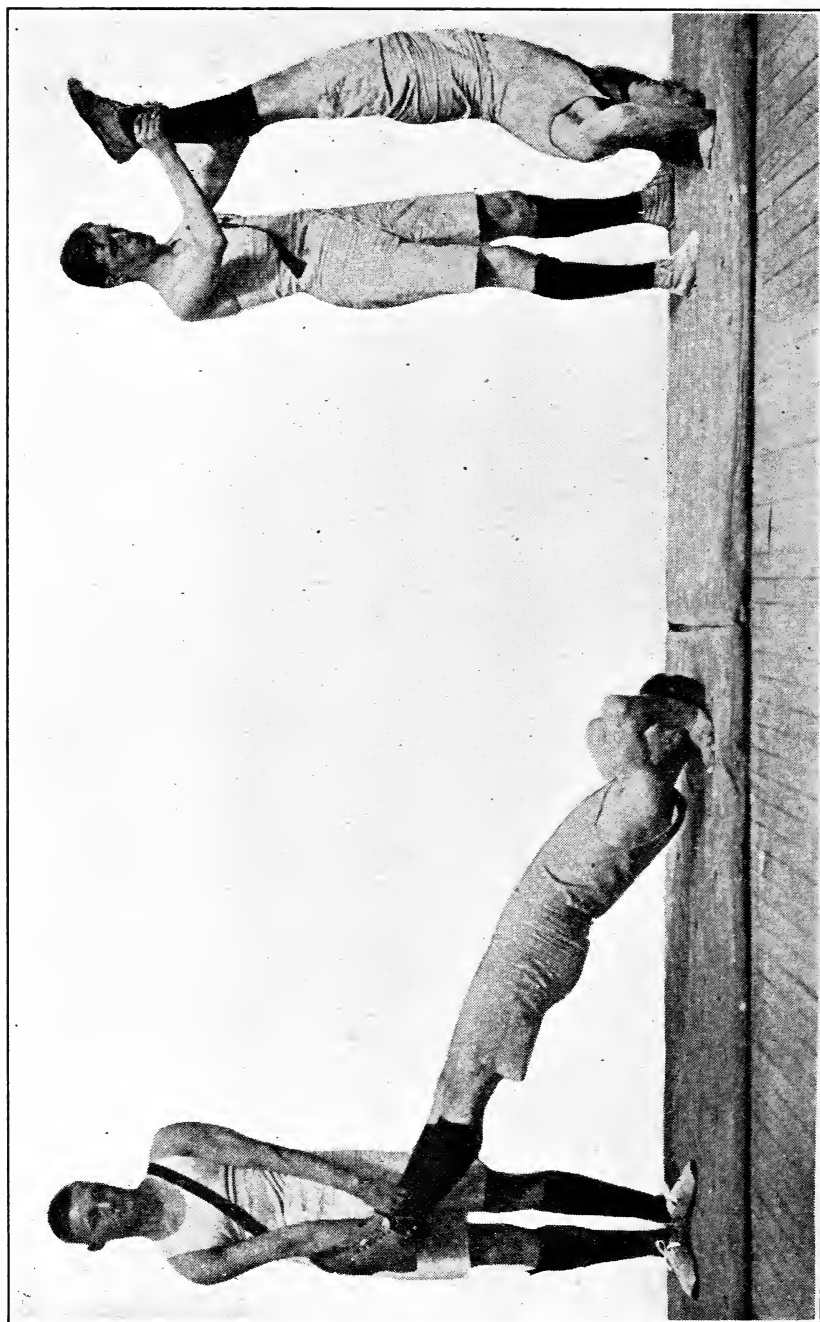
230. Hop, feet outside of hands.

231. Crab race forward, as in Figure 5 *F*.

232. Crab race backward, as in Figure 5 *F*.

233. Run and fall forward, body straight, as
in Figure 23 *C*. Break the fall by landing on
the hands and bend the arms till the chest
almost touches the ground. Jump to feet,
tag man on station, who runs and repeats at
next station.

234. Perform 233 and after fall, slap chest
with both hands or clap hands in front of
chest, spring to feet and tag man.



C

B

FIGURE 24

A

235. The first three men in each file lie on the back at their respective stations, head toward the class. At the command "start" the first man in the class runs and lifts supine man by the neck as in *A* and *B*, Figure 23, who in turn runs and lifts the next man. As soon as the runner lifts his man he lies down. Keep the body stiff.

236. Lift and fall forward, as in *B* and *C*, Figure 23.

237. Lift, fall forward and slap chest.

238. All three men lie on back with feet toward the class. *B* runs and lifts *A* by the feet, as in Figure 24, *A* and *B* to *C* position and pushes him to floor.

239. Run front roll and tag man at first station. Repeat successively.

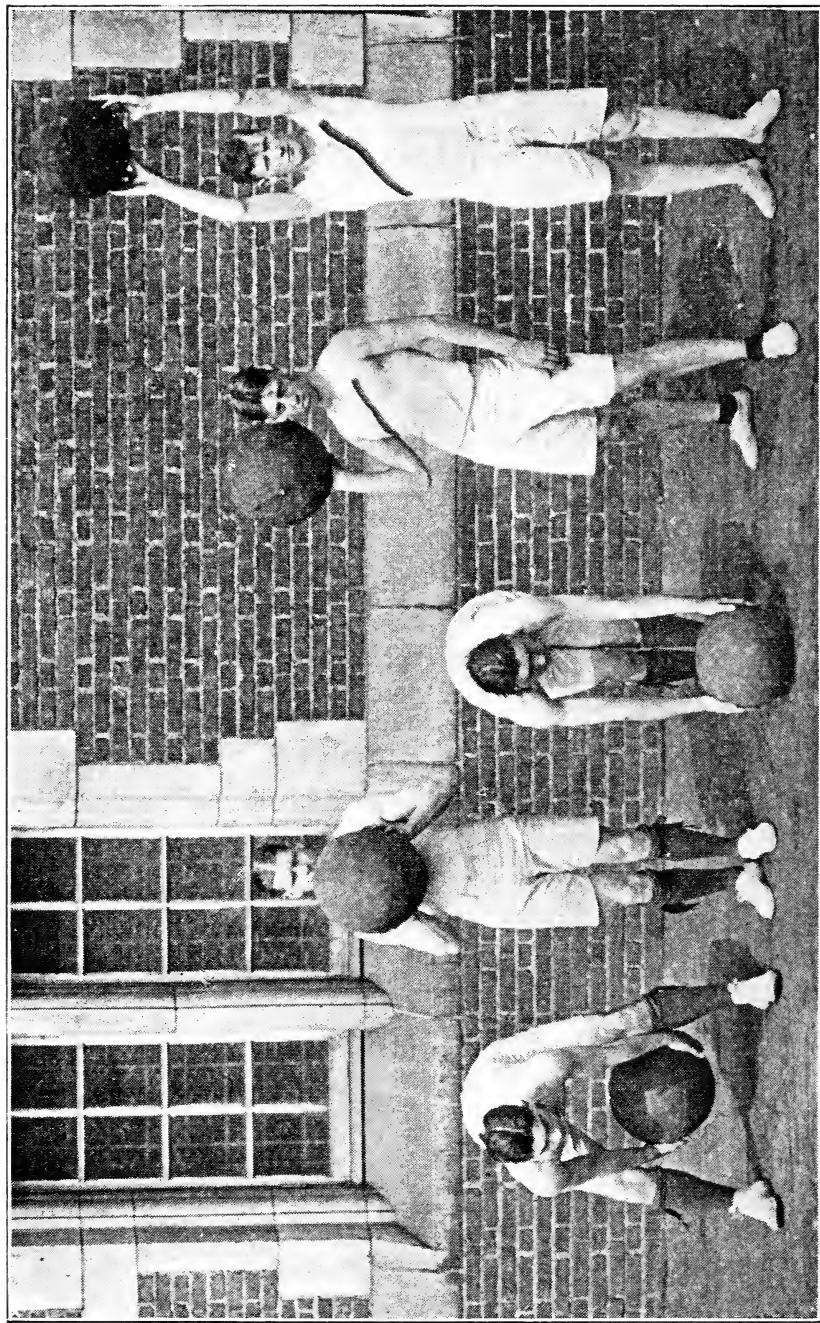
240. Same, back roll.

RUN WITH MEDICINE BALL OR OTHER OBJECT

241. Advance ball with foot, as in Figure 10 *A*.

242. Carry ball in small of back, Figure 10 *B*.

243. Circle ball around waist while running, Figure 11 *B*.



E

D

C

B

A

FIGURE 25

- 244. Carry ball over head, Figure 25 *E*.
- 245. Balance ball in right hand, Figure 10 *C*.
- 246. Balance ball in left hand, Figure 10 *C*.
- 247. Run with body bent forward, Figure 10 *D*.

248. Run backward, ball over head, Figure 11 *C*.

249. Run with ball, circle around man at first station, as in Figure 11 *D*, and give him the ball. As soon as the man at the first station receives the ball, he makes a complete circle around the man from whom the ball was received and sprints to the next station. This progressive relay is a very interesting race.

250. Crawl between legs and hand ball to the stationary man from the front ($\frac{1}{2}$ circle), Figure 11 *E*. The man who delivered the ball spreads the feet and the other crawls between his feet and runs to the next man.

RUN AND THROW BALL

251. *A* is stationed on the far goal line, as in Figure 21, *B* runs and throws the ball to *A* when the *B* line is reached, and continues on

the run and stops on *A* line. When *A* catches the ball he runs and throws it from the *C* line to the man at the head of the class and then goes to the rear. The man who catches the ball should be well braced as it travels with considerable force.

PROGRESSIVE RELAY BALL-THROWING RACES

Conduct races as illustrated in Figure 22.

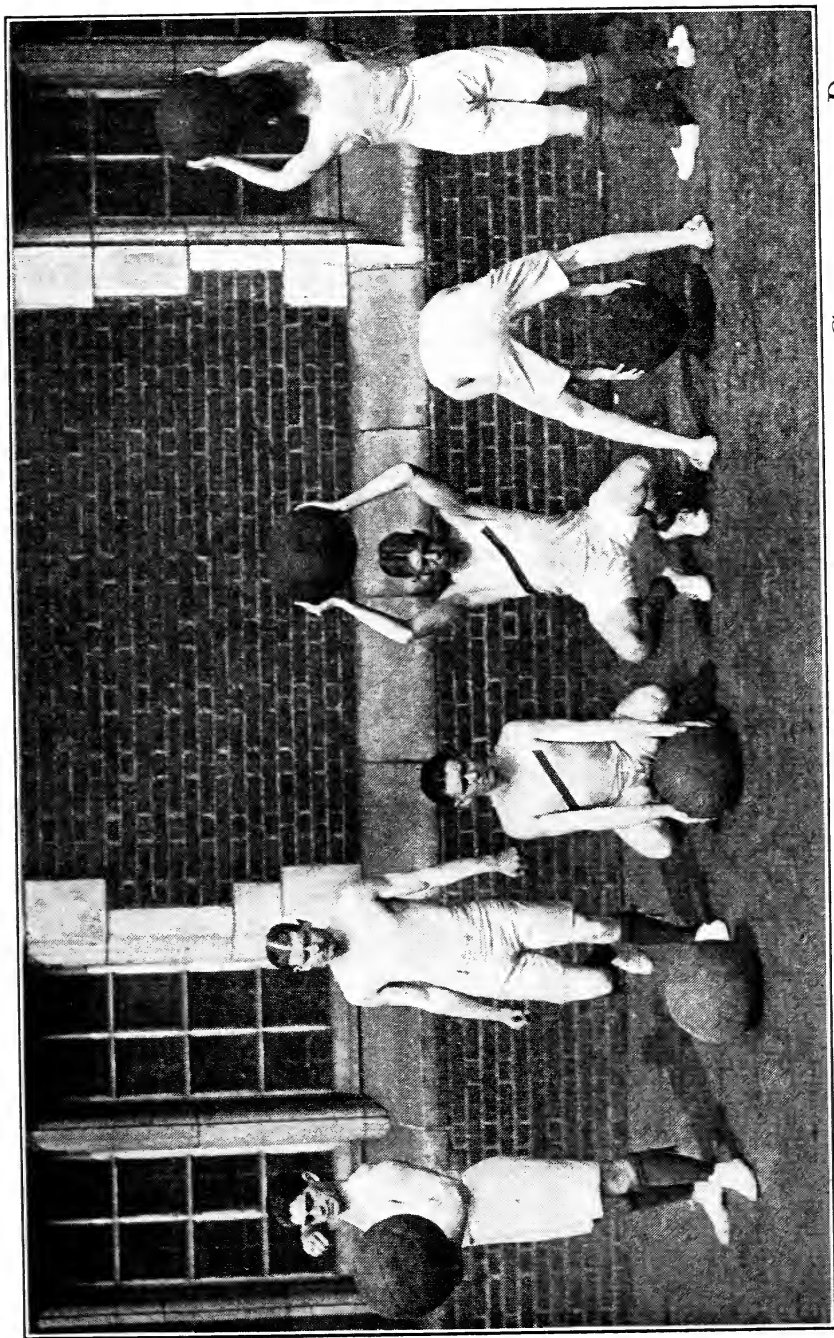
252. Bend forward as in *A*, Figure 25, throw the ball from between the feet to first station (*B*, Figure 22) then run and take the station of *B*. As soon as *B* catches it he bends and throws it in like manner to *C*, and so on successively till caught by *D* who runs, hands it to the head man *A*, Fig. 22, and goes to the rear.

253. Throw ball from chest as explained in 252, Figure 25 — *B*.

254. Throw ball from floor, without bending at knees, Figure 25 — *C*.

255. Throw ball from right hand, Figure 25 — *D*.

256. Throw ball from left hand, Figure 25 — *D*.



E *F* *A* *B* *C* *D*

FIGURE 26

257. Twist trunk right, Figure 18 — *B*, and throw ball.

258. Twist trunk left, Figure 18 — *B*, and throw ball.

259. Throw ball from over head, Figure 25 — *E*.

260. Combine *A* forward bend and *E* backward bend and throw ball, Figure 25.

High jumping and hurdling may be employed in progressive relay races, see Figure 28 — *C*.

261. Full squat, Figure 26 — *A*, and throw ball from that position, run and take station of *B*.

262. Throw ball from *B*, Figure 26.

263. Throw ball back between the legs. Figure 26 — *C*.

264. Throw ball back over head, as in Figure 26 — *D*.

265. Strike the ball with sufficient force with closed fist so that it will travel to next station. Figure 26 — *E*.

266. Kick the ball as in *F*, Figure 26.

The throwing of the medicine ball from various positions of the body is very popular

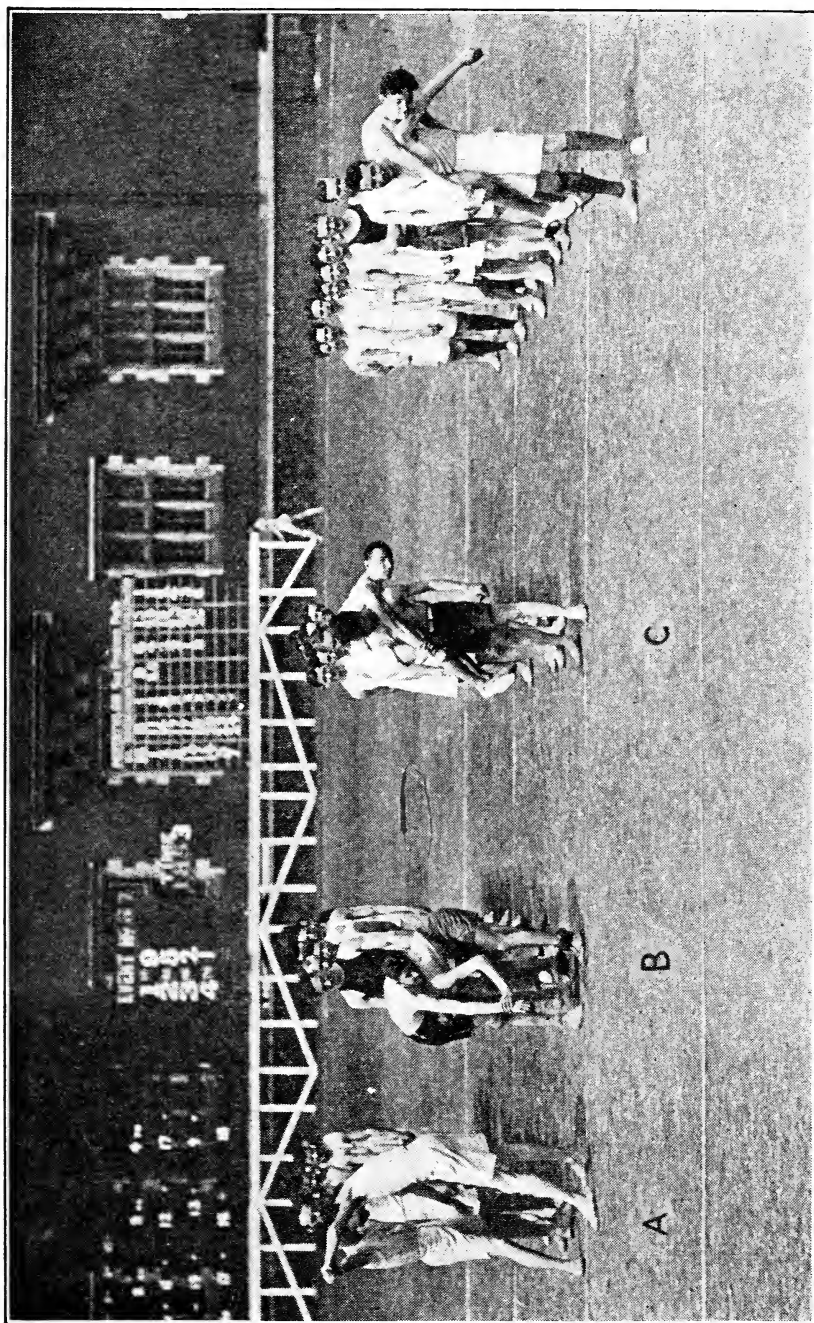


FIGURE 27

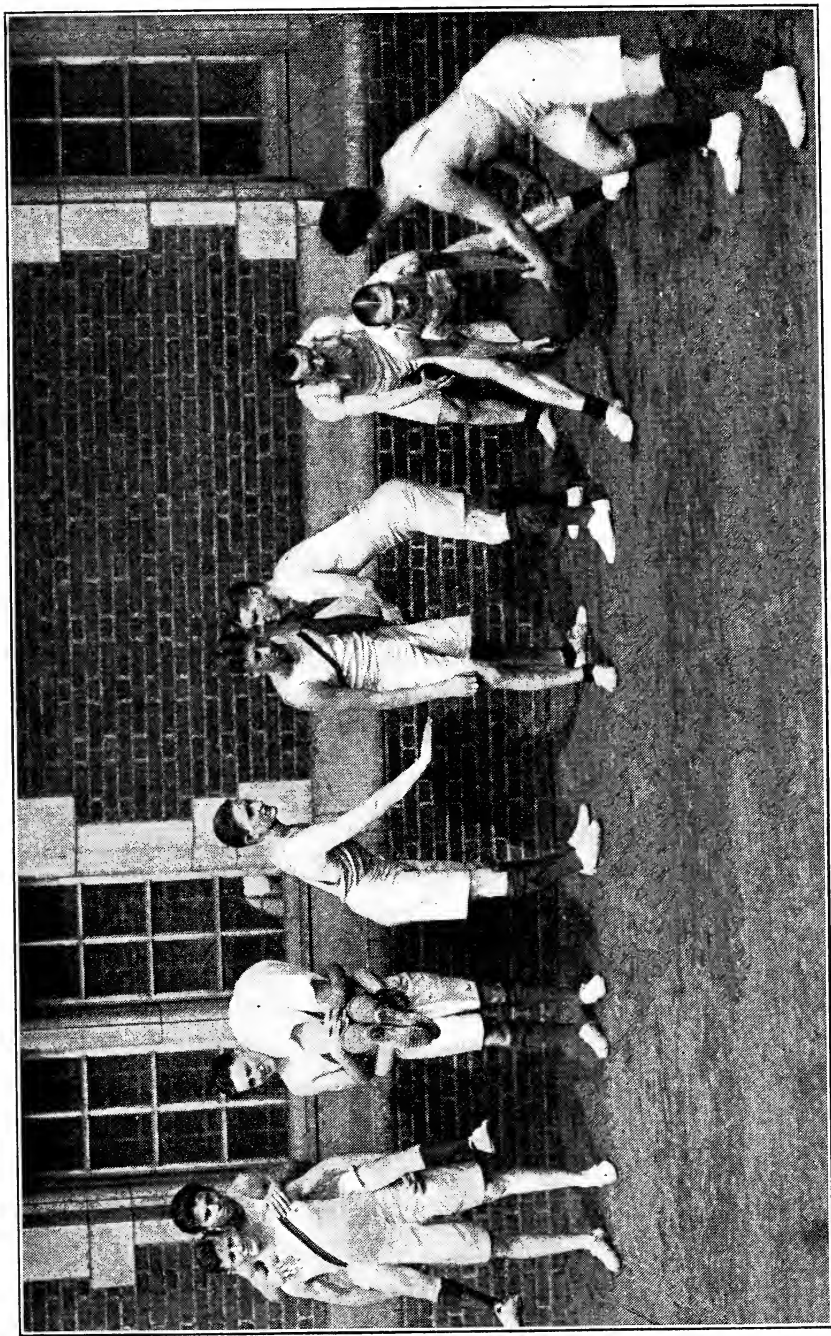
among students, and is an excellent form of exercise.

MAN CARRYING RELAY RACES

267. Pick-a-back. At the command "go," the second man in line gets on the back of the first man and is carried to the goal line. Figure 28 — *A*. The burden bearer stays at the goal line, while the person carried runs back and carries the next man, till all are carried to the objective point. The files should be arranged according to weight, the heavy man in front. The person about to be carried should be careful and not jump on the back of the carrier and thus force him to the knees. The carrier should keep the body erect, as he is apt to become overbalanced if the body is bent forward.

268. Carry the man as you would a sack of meal, over the shoulder. Figure 28 — *B*.

269. RESCUE RACE. WRIST AND CROTCH HOLD. This is illustrated under *A*, *B*, and *C*, Figure 27. Get the man high on the shoulder against the neck. In this race the left hand is free, in which one can carry a gun. It is good practice for soldiers. Reverse 267. Carry man pick-a-back in front.



A B C D E F
 FIGURE 28

68 CONTESTS FOR ARMY, NAVY, AND SCHOOL

270. Carry man in front, arms supporting neck and thighs.

In the army and navy jumping standards and hurdles are not available, so the hand may be employed, using anatomical parts of the body instead of the articles named. Figure 28 (C).

271. Run, and hurdle over the hand of a man stationed in the center of the course. Run to goal line, return and take the place of the human hurdle. Figure 28 — C.

272. Run, and jump over the hand held at the height of the thigh.

273. MESSAGE RELAY RACES.

The first man in each file is stationed at the far end of the course. A card with a message written on it is shown to A. Each message may be different. At the command "go," he runs to the file and returns with the man at the head, whispering the message while on the run. He remains on the station from which he started, while the man to whom he gave the message returns and gives it to the next, and so on successively, till all are on the opposite side. The last man finishes at the station just

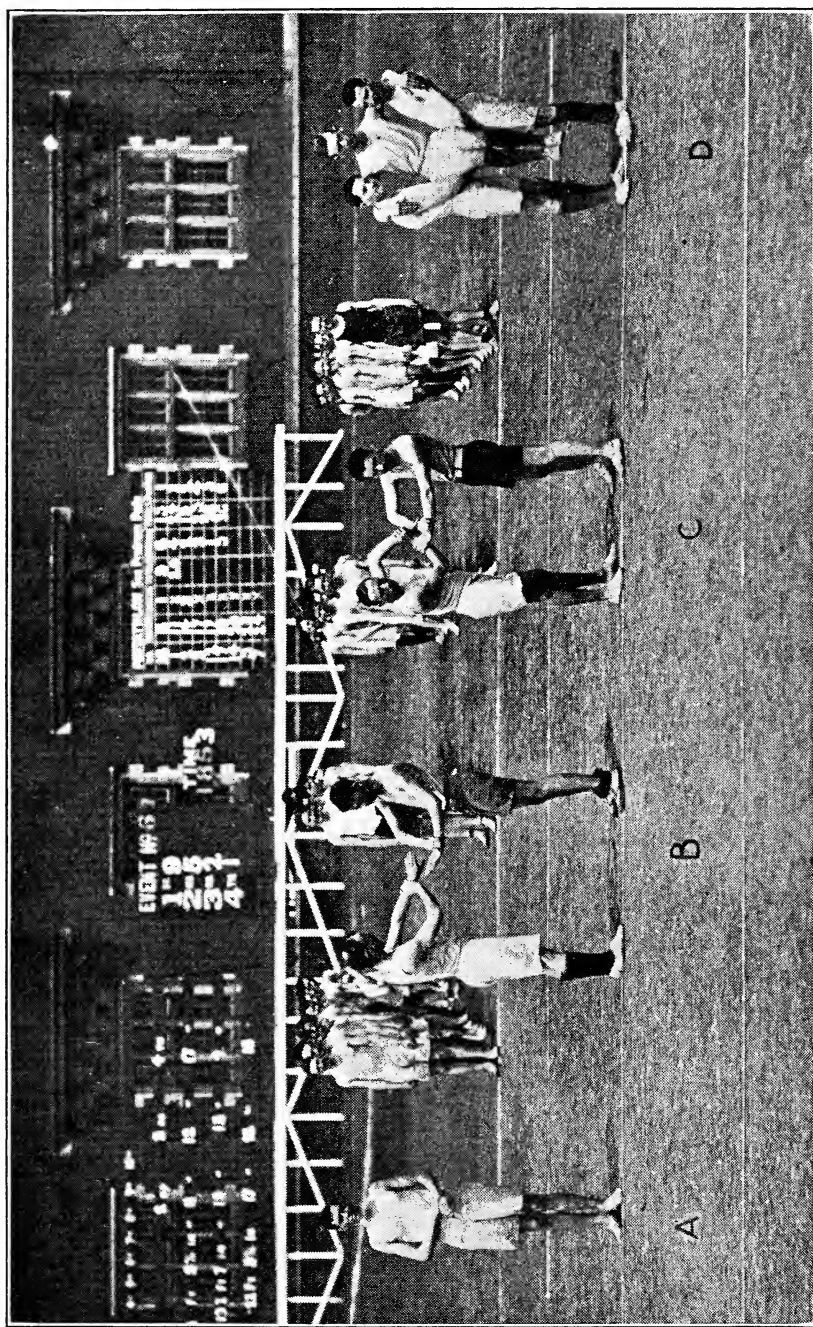


FIGURE 29

vacated by the team. The cards are given to the instructor in charge and the messages must correspond to those on his cards. Figure 28 — *D*.

This race requires perfect enunciation and acute hearing. About one half of the files among college students fail to deliver the correct message the first time the relay is run. The percentage was much higher in this race among the cadets of the R. O. T. C., which shows they are more careful in receiving and delivering messages.

274. FORWARD PASS RELAY.

In Figure 28, *F*, who stands several yards in advance of the team, snaps the ball back between the legs to *E*. *F* as soon as he delivers the ball to *E*, starts backward and receives the ball from *E* when he reaches the position of *F*. He then runs to the goal line and returns, and throws it to the next man on the team, who goes through the same performance. *F* goes to the rear of the file. *F* is a shadow man.

DOUBLE CARRYING RELAY

275. At the command "go," the first two men at the head of the file make a seat with

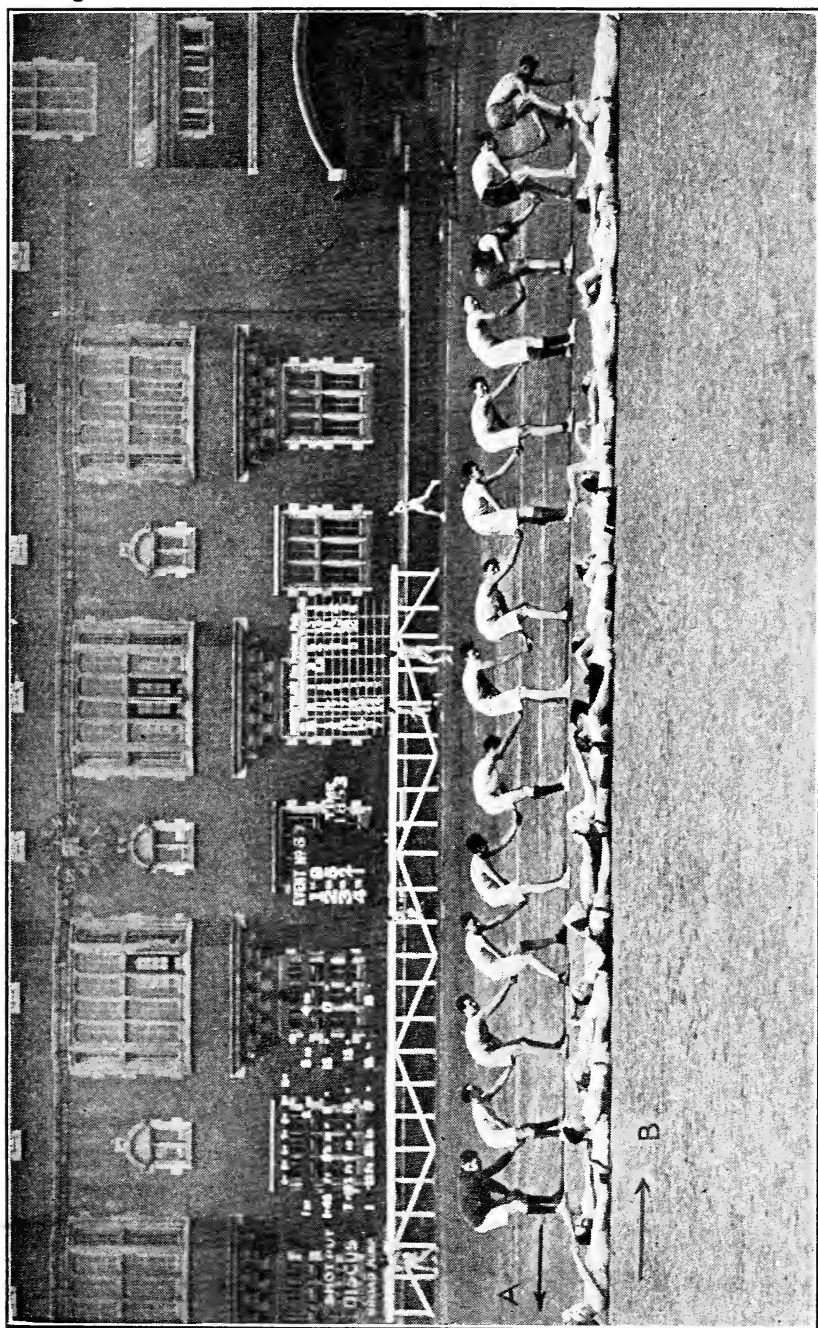


FIGURE 30

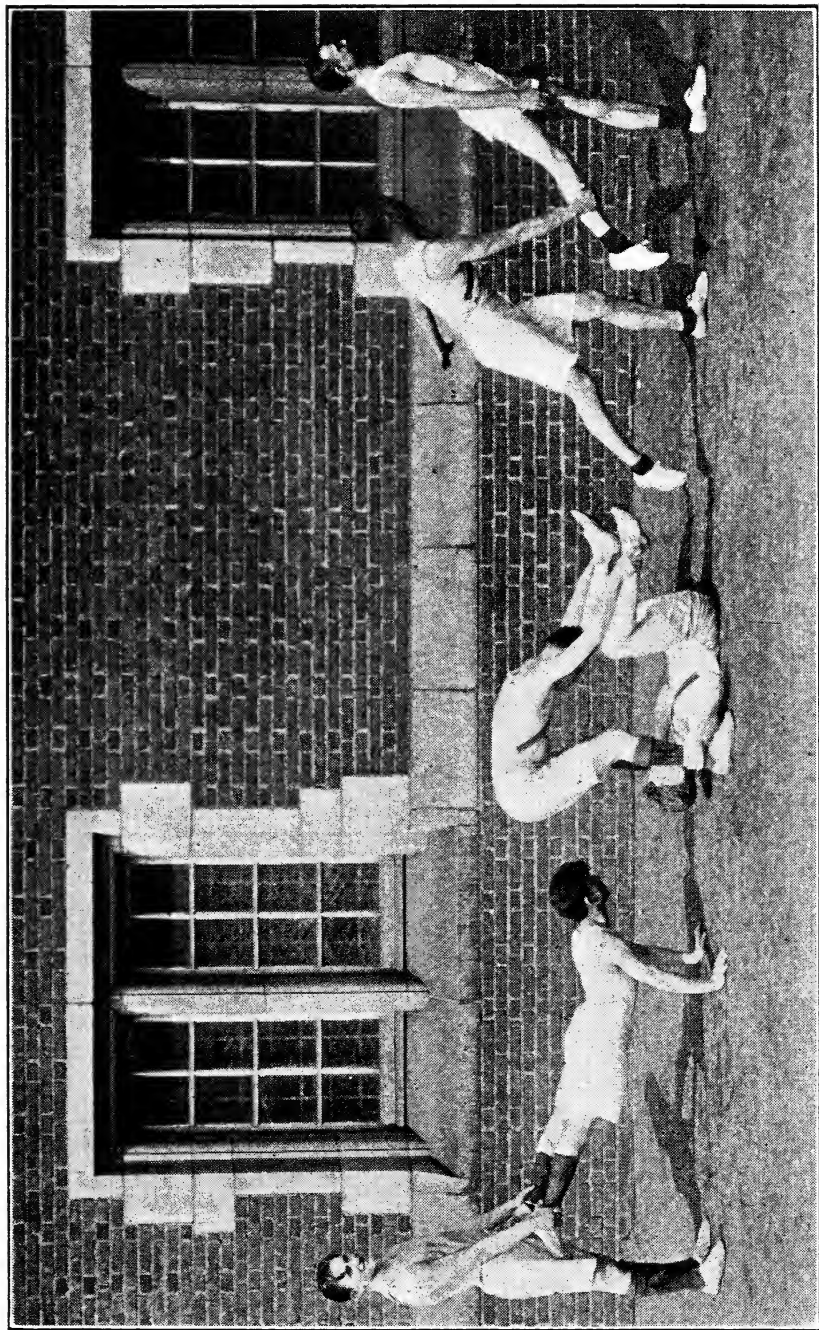
72 CONTESTS FOR ARMY, NAVY, AND SCHOOL

the hands, upon which the third man sits and is carried to the goal line. The man who headed the team remains at the goal line, the other two return on the run and carry the next man. This time the second man in the file remains at the goal, and so on, till all are carried over.

It is difficult to make the seat quickly, so it is shown in progression in *A*, *B*, and *C*. *A* grasps the left wrist with the right hand. *A* and *B* do the same in *B* and are about to join hands. In *C* the seat is made. This is excellent practice for soldiers.

SKIN THE SNAKE RELAY

276. Each man in the team puts his hand back between his legs as in Figure 30 — *A*. The hand is grasped by the person in his rear. At the command "go," the rear end man lies on his back and still retains the grasp of the man in front. Each man as he lies down should keep his legs close against the body of the man in front, while the man going backward should run with the legs well apart. When all men in the file are down, as in *B*, the



F

E

C D

B

A

FIGURE 31

74 CONTESTS FOR ARMY, NAVY, AND SCHOOL

man at the rear of the line (who headed the file) arises and the others successively (position "A") and run forward, holding hands, to the objective goal line. The same hand should be grasped, either all right or all left. This is a Chinese race.

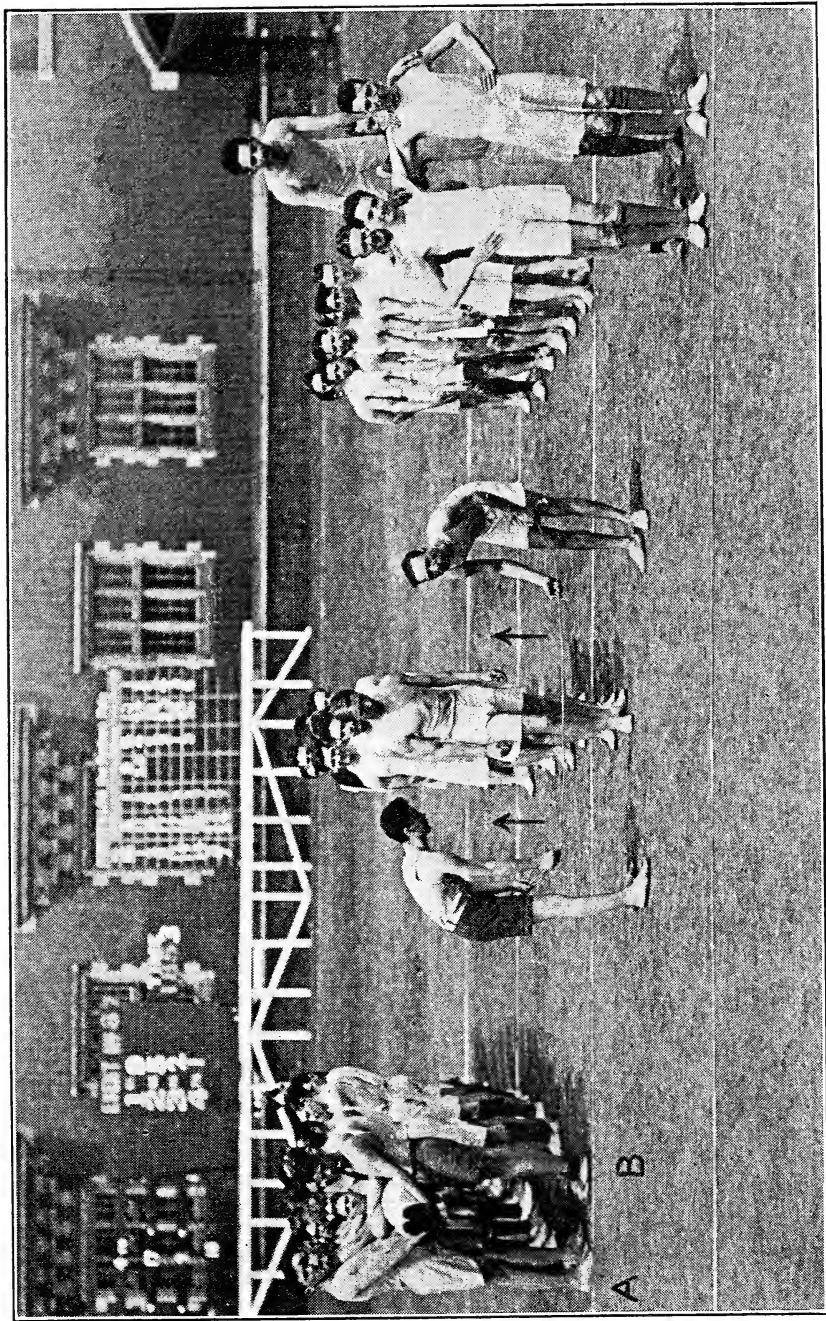
277. WHEELBARROW RACE.

A grasps the ankles of B, and B runs on his hands to the goal. A and B then reverse positions and return to the team, when the next two perform. Figure 31.

278. DOUBLE ROLL RACE. Grasp ankles as in C and D, Figure 31, and roll to goal. Both return on the sprint, the next two then roll. The man on the floor, D, should keep the knees well apart and bring the feet in close to the hips during the roll. In advanced work, the men may roll forward to goal and return by doing the backward roll.

279. DOUBLE HOP. E holds the foot of F and both hop to goal. Reverse the position and return to starting position, when the next two perform.

280. MAN TOSSING RACE OR BOUNDING THE WAVES. Form double files, face inward and



F

E

D

C

B

A

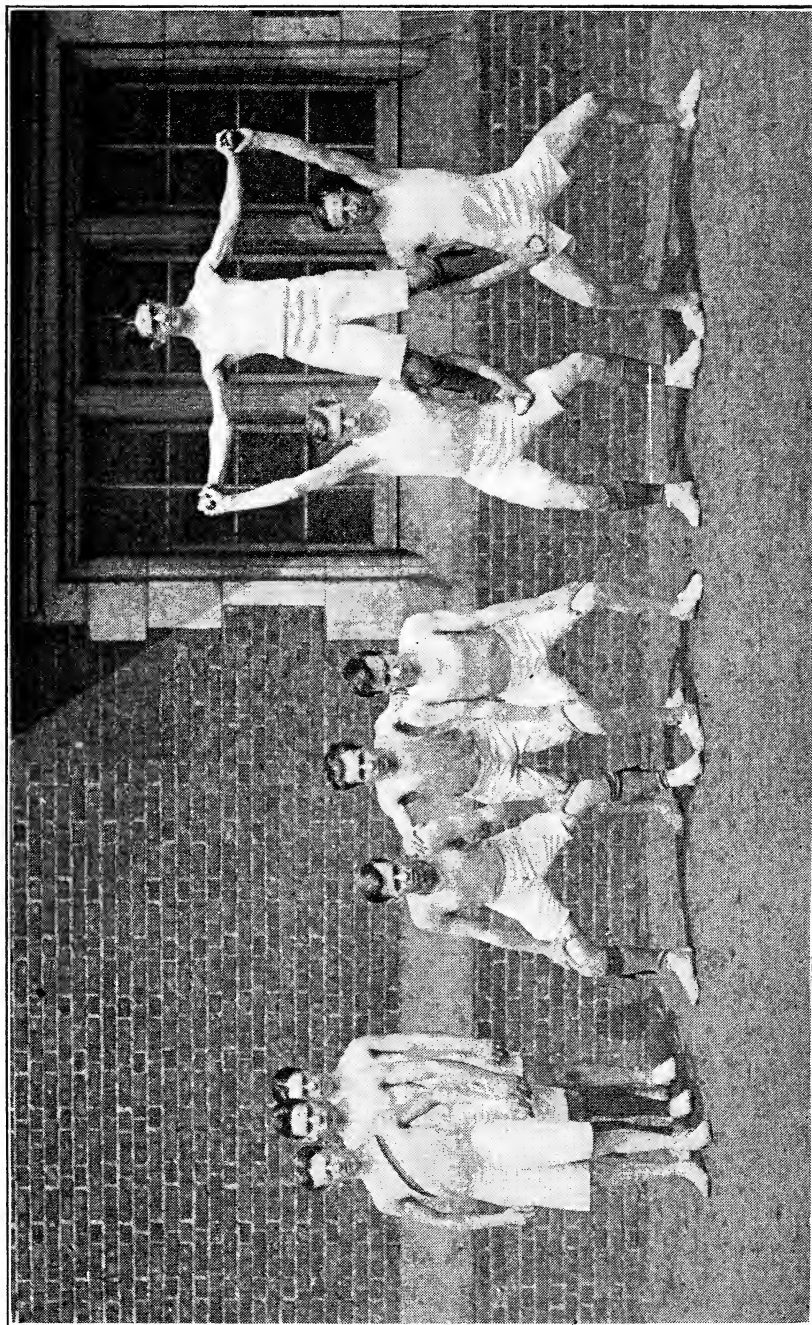
FIGURE 32

hold hands as in *A* and *B*, Figure 32. The man to be tossed, who starts from the rear, lies on his back on the arms of *A* and *B* files, with arms folded and body stiff. (TOSS THE STIFF.) The two men in the rear end of the file catch the victim in order to prevent a headlong fall. As soon as the tossed man regains his feet he remains in the rear. The race is completed when *A* and *B* again reach the front. The game may be played with the victim lying on his face with arms extended. Lying on the back is more difficult.

If there are twelve men in each file, twenty-four men will be tossed, and they will realize they have been working. Do not toss the man too high, and keep shoulder to shoulder.

281. ROPE OR STICK JUMPING RACE. The man who heads the file *C*, and the next man *D*, Figure 32, each take an end of the rope and run to the rear, while the men in the file jump as the rope reaches them. *C* remains in the rear and *D* returns with the rope. *D* and the next man repeat the performance. *D* now remains in the rear.

Start from the rear of the line. The men in the



A

B

C

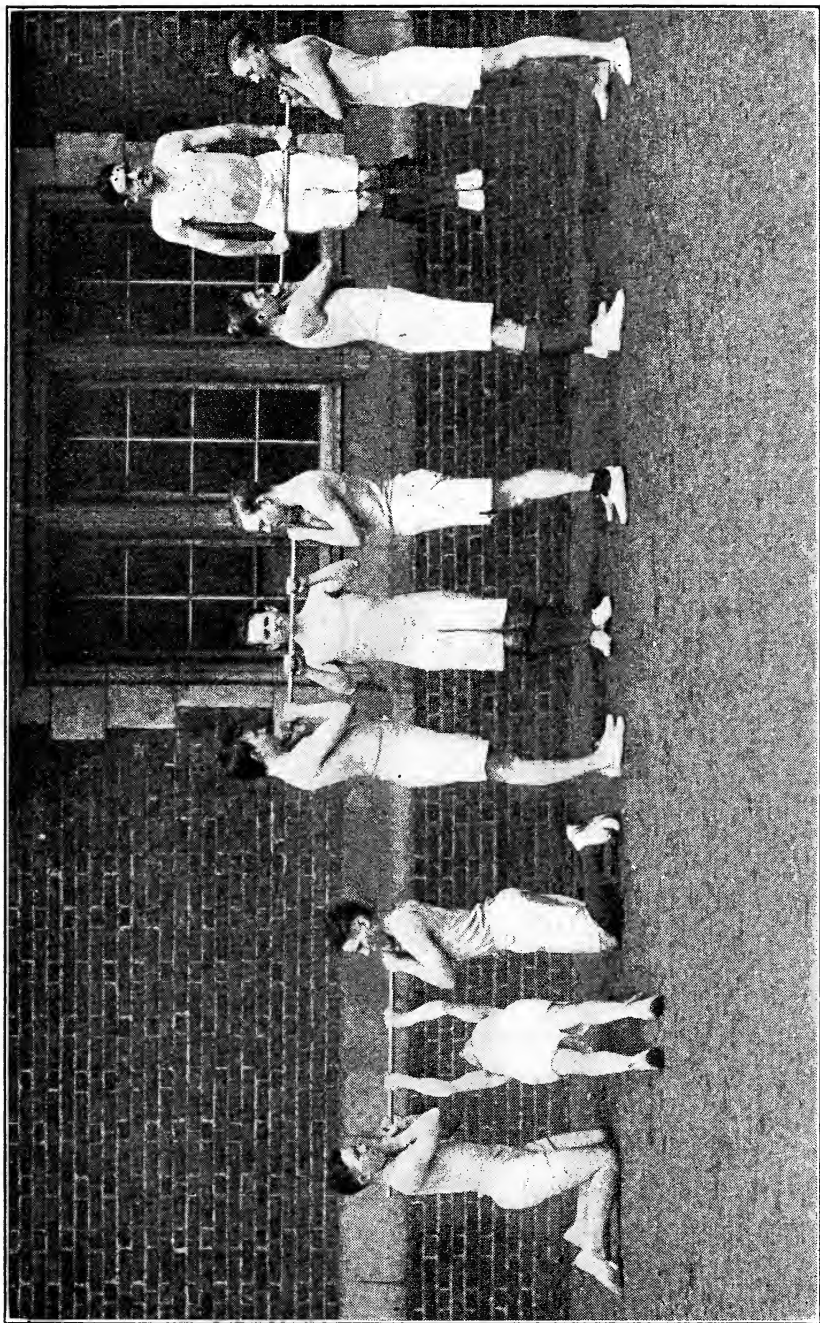
FIGURE 33

line are unable to see the rope or stick, which makes the game dangerous. From the front jump with a half or full turn right or left. The race is popular with all classes.

282. PYRAMID OR ELEPHANT RACE. The first five men in each file build a pyramid as in *F*, Figure 32. At the command "go," each pyramid runs to the goal and returns, when the next pyramid starts. The second elephant is being built while the first is running.

283. PYRAMID BUILDING RELAY. Before the pyramid building race is attempted it should be practiced in class or company.

The men in the files form in threes. From position *A*, Figure 33, on count one the second man steps left obliquely forward and both squat as in position *B*. At the same time the third man places his hands on the shoulders of *A* and *B*. On count two the third man mounts on the thighs of *A* and *B*, and places his hands on the head of each. On count three the hands of lower men are grasped and the top man stands erect. On count four the top man dismounts forward and all take the starting position *A*. The command is now given for the front man



E

D

B

C

A

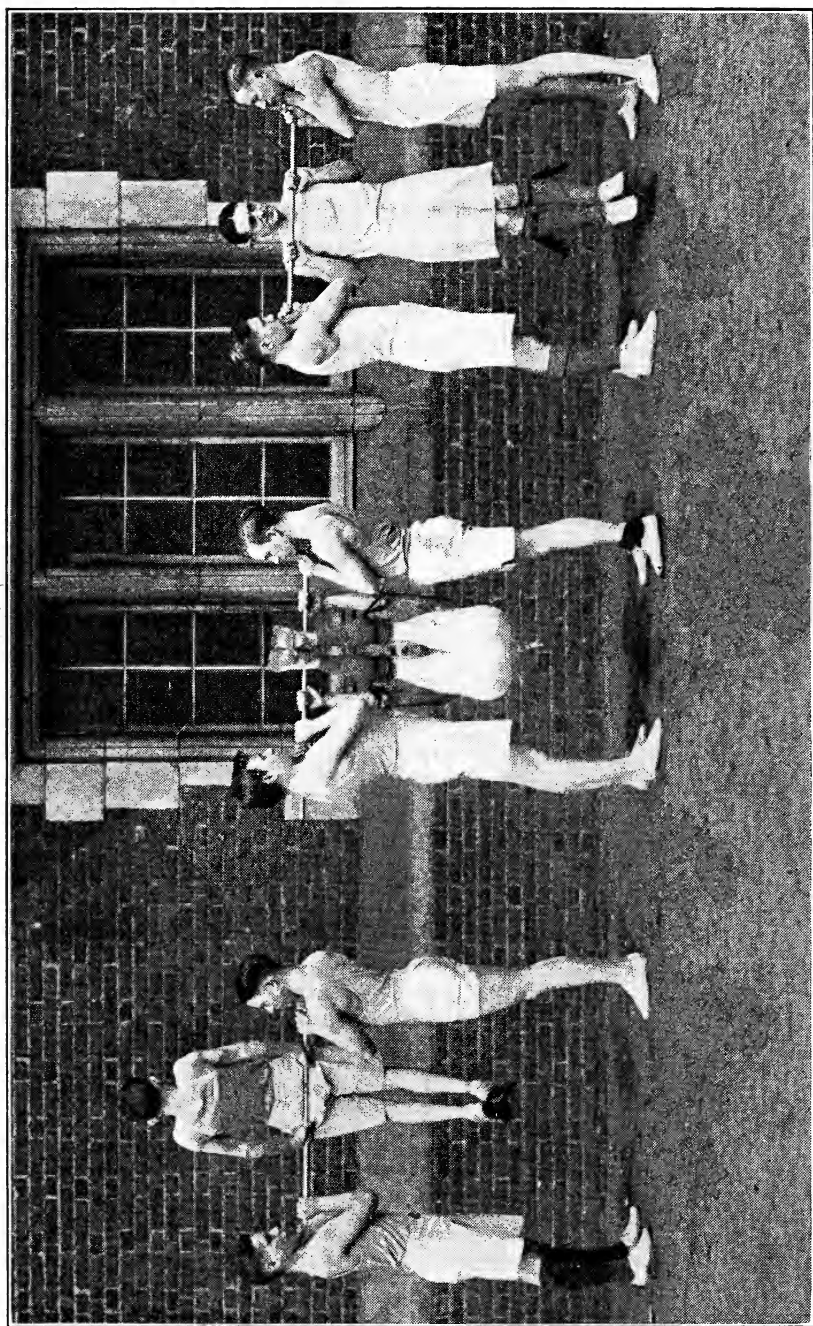
FIGURE 34

in each squad of threes to go to the rear. The pyramid is built again, after which the same command is given. In the three pyramids built each man takes all three positions.

RACE. At the command "start," the first three in each file build the pyramid, dismount and run to the center, the front man takes the rear during the run. The pyramid is again built in the center of the course, then again at the goal line. All sprint back and the next three begin to build.

THE STEEL WAND OR GUN USED AS A HORIZONTAL BAR

284. The first two men in each file (*A* and *B*) take their place in the center of the course. *A* and *B* kneel, supporting the wand or gun on the shoulder, as in *A* and *B*, Figure 34. *C* runs from team, and arches back while running under wand. He tags goal, returns and takes the place of *A*. *A* then runs to the file and goes to the rear. The next man in line when tagged does likewise and takes the place of *B*. The race is finished when *C* gets to the head of the team. The same $\frac{1}{2}$ right or left turn and run

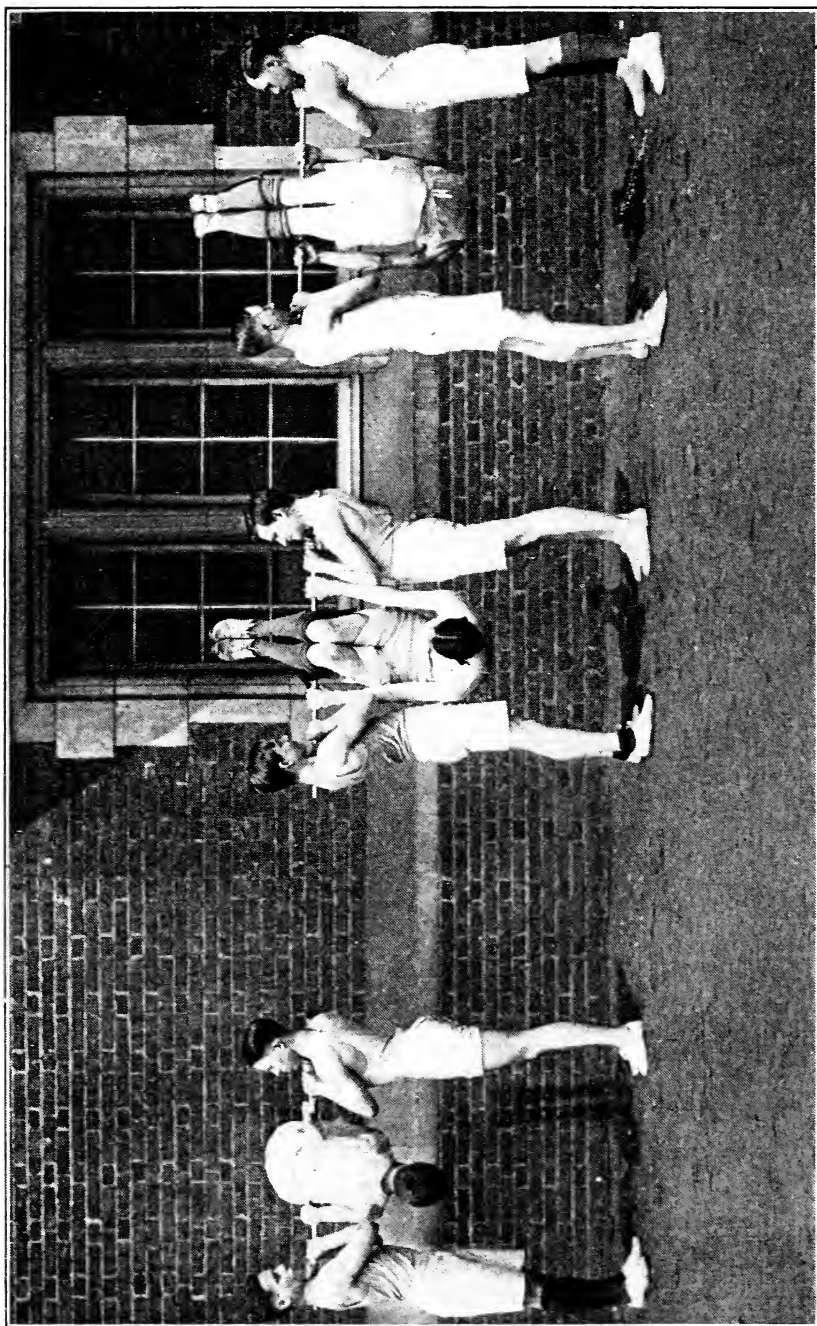


A

B

C

FIGURE 35



A

B

C

FIGURE 36

backward. (The grasp of *A* should be ordinary instead of reversed, as in the illustration.)

285. Run, grasp wand as in *D*, Figure 34, and underswing. Grasp bar as in *D*, keep arms and legs straight, bend body as in *B*, Figure 35, and underswing as in *C*, Figure 34.

286. Underswing as in 285, $\frac{1}{2}$ right turn of body during the swing and run backward.

287. Same with $\frac{1}{2}$ left turn and run backward.

288. Run and jump to front rest as in *E*, Figure 34.

289. Run and jump to back rest as in *A*, Figure 35.

Various exercises may be performed in this position, such as knees raised forward and legs raised forward.

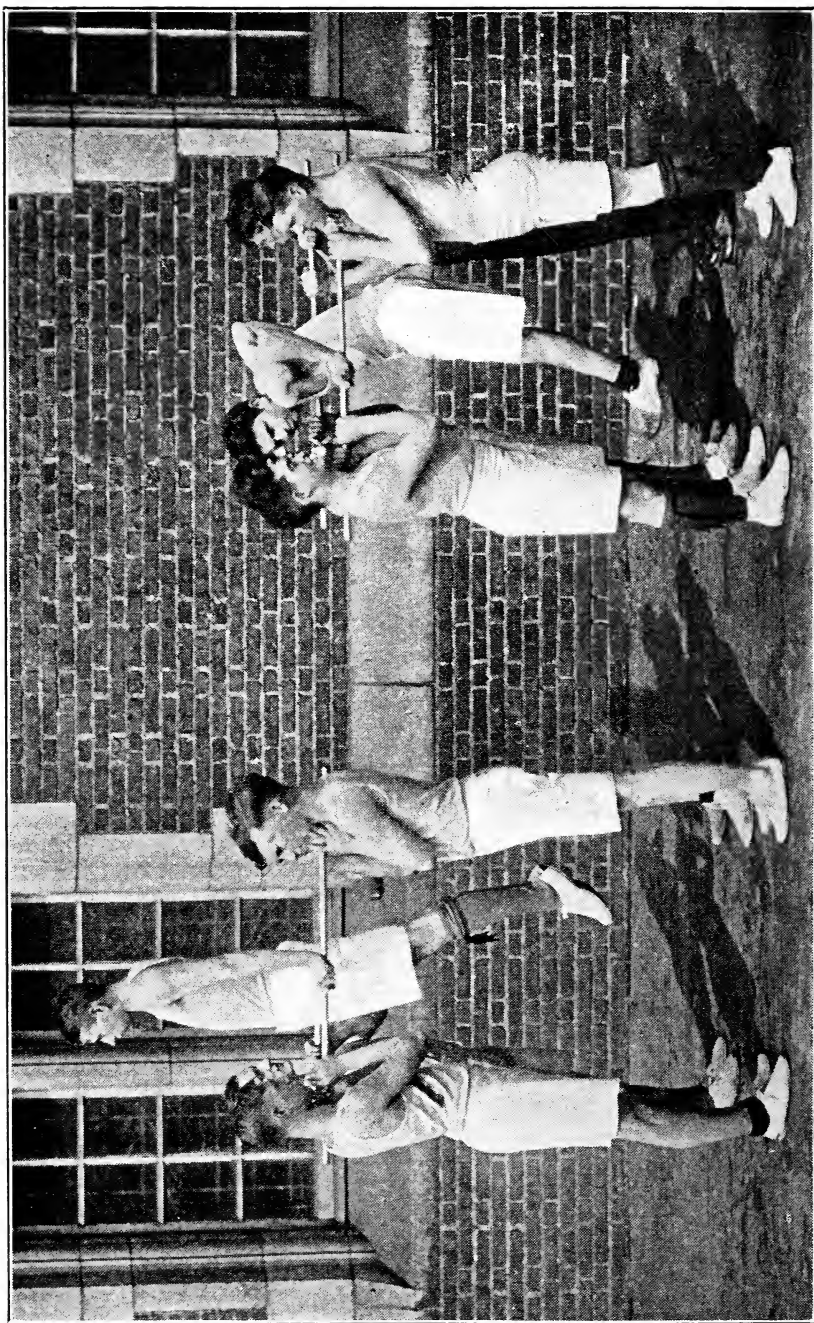
290. Hang as in *B*, Figure 35, and raise legs forward.

Hang as in *B*, Figure 35, and feet to bar *B*.

291. Chin bar as in *C*, Figure 35, and raise knees forward.

292. Chin bar as in *C*, Figure 35, and raise legs forward.

293. Run, grasp bar, front rest and forward



F

B D

E

A C

FIGURE 37

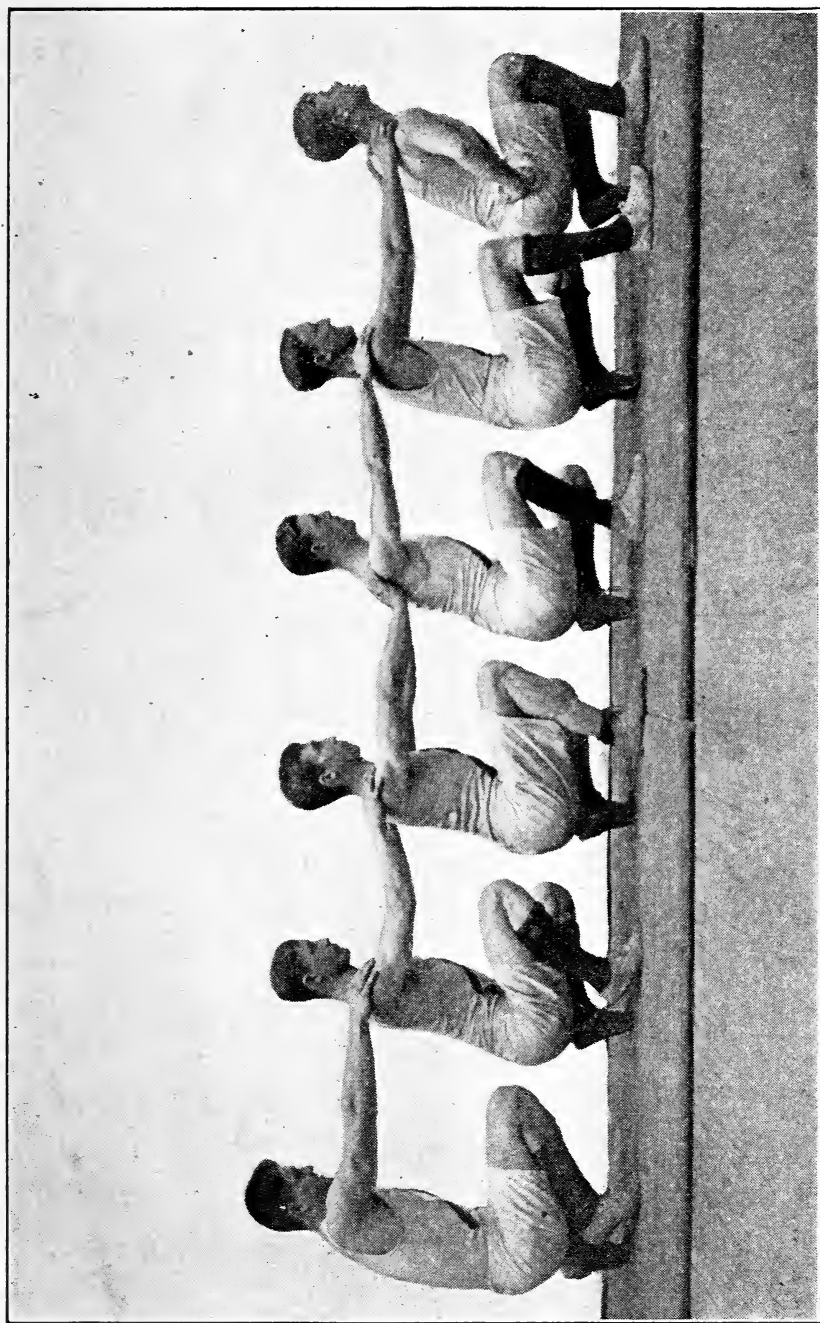


FIGURE 38

circle to ground, Figure 36 *A*. Keep the body well doubled up.

294. Jump to back rest, and backward circle to ground as in *B*, Figure 36.

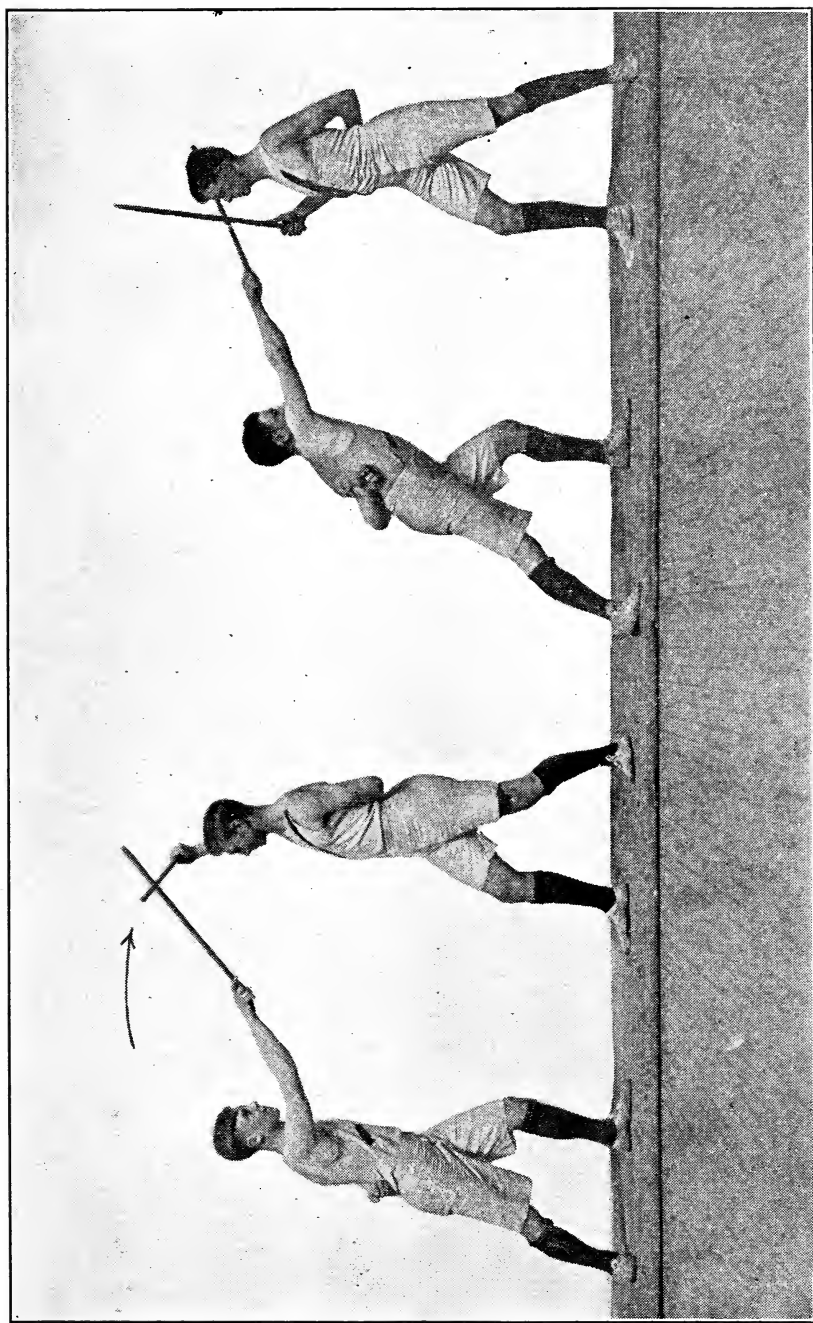
295. Grasp bar and perform a backward circle to front rest, dismount and run. Figure 36 *C*.

WANDS OR GUNS USED AS PARALLEL BARS

296. At the start *E* runs and performs a cross rest as in Figure 37 — *A*, *B*, *C*, *D*, and *E*. He then dismounts, runs to goal line, returns and takes the place of *A*, who returns to team and goes to the rear of the file. The next man takes the place of *B*, next *C*, and so on till the race is finished. When *C* is in cross-rest position his back is toward the file.

297. From cross rest, dip by lowering the body as in *F* Figure 37. The posture in *F* is poor. The head and legs should be back, with body erect.

298. All files squat as in Figure 38, hands resting lightly on shoulders of man in front and run while in this position.



B

A

FIGURE 40

B

A

FIGURE 39

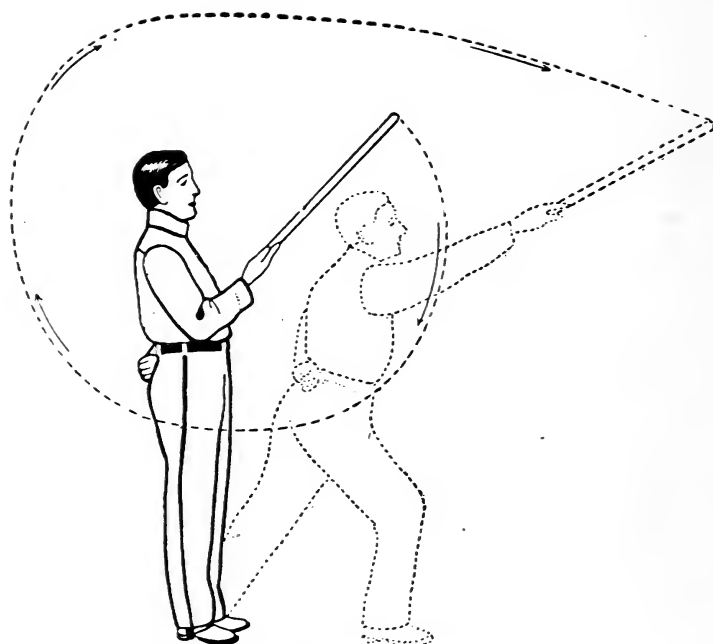


FIGURE 39



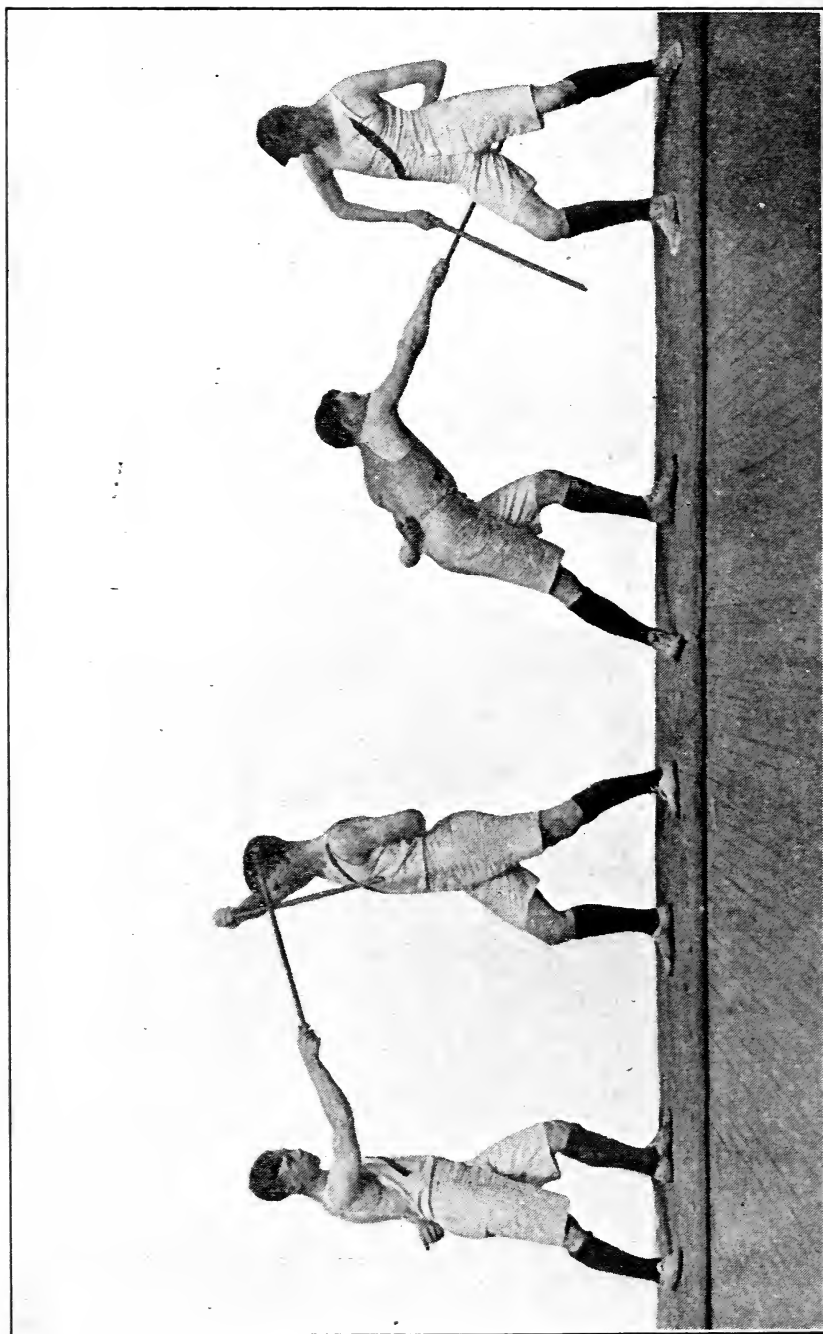
FIGURE 40

299. Hop forward, entire file holding ankle of man in front as in *E* and *F*, Figure 31.

300. Hop backward, entire file holding the leg which is raised forward.

BROOM STICK PROGRESSIVE RELAY RACES

301. Three men each with a single stick, cane, or broom stick take stations as in *B*, *C* and *D*, Figure 22. At the command "go," *A* (who also has a stick) runs and strikes at the head of *B*, Figure 39. *B* protects his head by using the head guard, as illustrated in figure. *B* then strikes at the head of *A*. As soon as *B* strikes at *A*, he runs and strikes at the head of the man at the next station, *C*. *C* then strikes at *B*, and runs and strikes at the head of *D*. *D* then strikes at *C* and runs to the file, hands the stick to the head man and goes to the rear. The man to whom the stick was handed runs to the first station and repeats the movement as described above. The person using the vertical or head cut, swings the stick between the thumb and first finger in the plane, as illustrated in the drawing, Figure



A

FIGURE 41

B

A

FIGURE 42

B

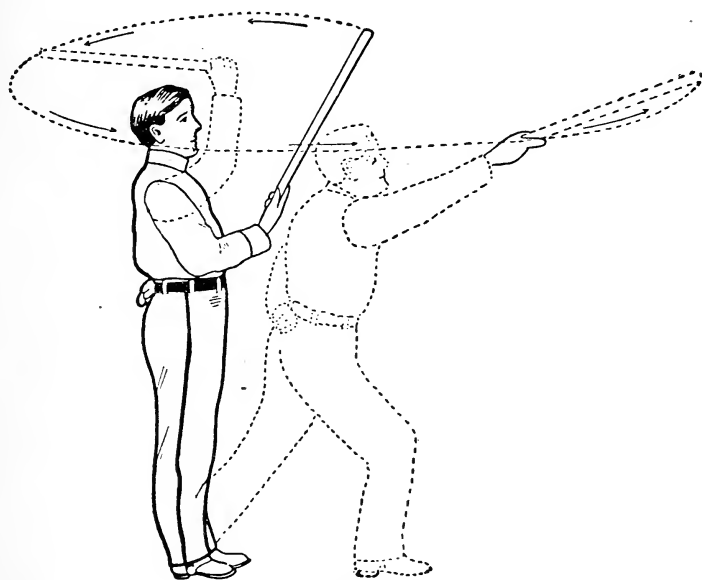


FIGURE 41



FIGURE 42

39. These movements are not intended to instruct in any system of single stick work, but are merely exercises of self-defense with a stick, cane, or umbrella.

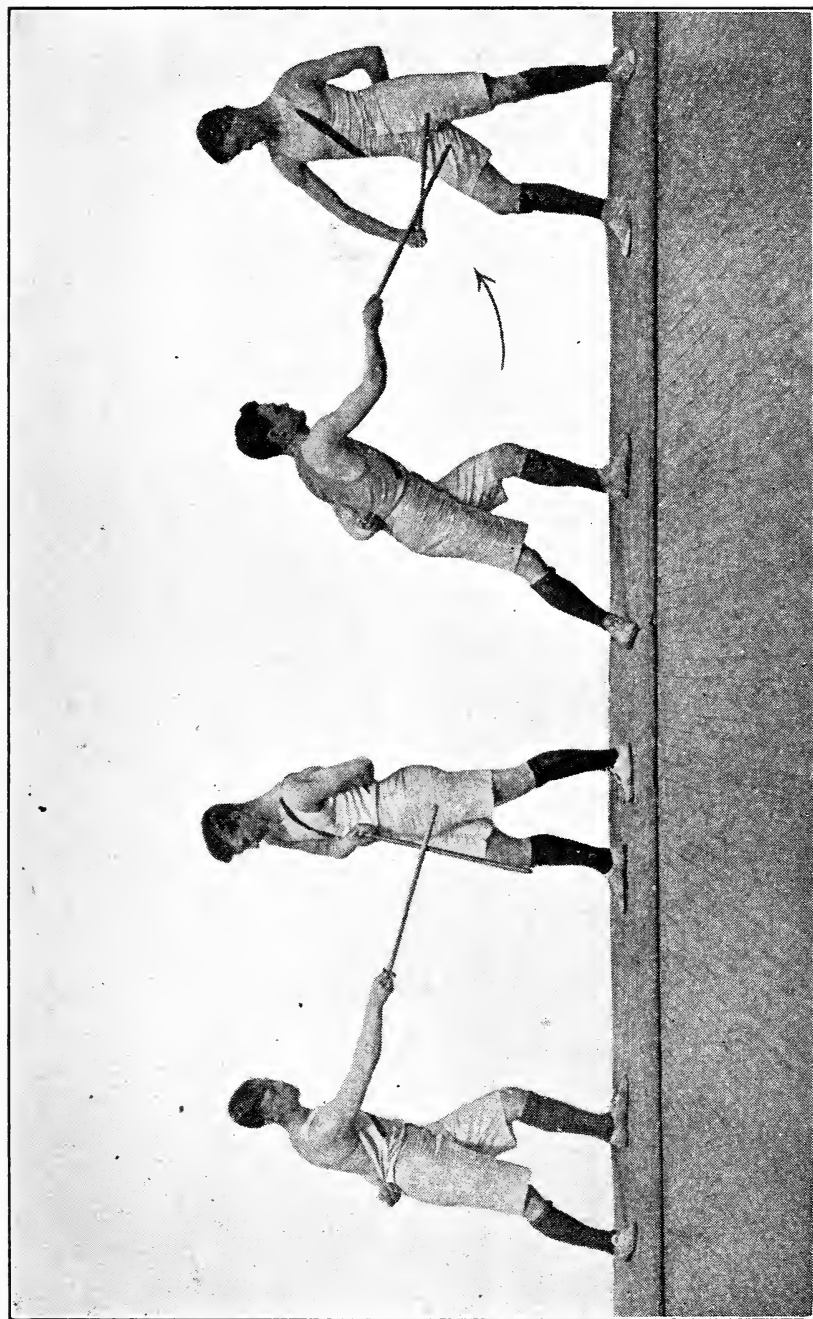
302. *A* performs a right check cut and *B* blocks it by using a right face guard, as in Figure 40. The race is run the same as explained under Figure 39. The drawing shows the direction of the cut, the single stick moving to the right in the horizontal plane.

303. *A* strikes for the left side of *B*'s face, and *B* uses a left face guard. The drawing 41 shows the direction of the cut, which is left in the horizontal plane.

304. *A* delivers a cut for the right thigh and *B* uses a right thigh guard. Fig. 42 *A* and *B*. The drawing 42 shows the movement in detail.

305. *A* strikes at the left thigh of *B*, and *B* uses a left thigh guard. Figure 43 *A* and *B*. The drawing under 43 shows the movement in detail.

306. *A* undercuts and *B* blocks the cut as shown in Figure 44 *A* and *B*. The drawing gives the detailed movement.



B

FIGURE 44

A

B

FIGURE 43

A

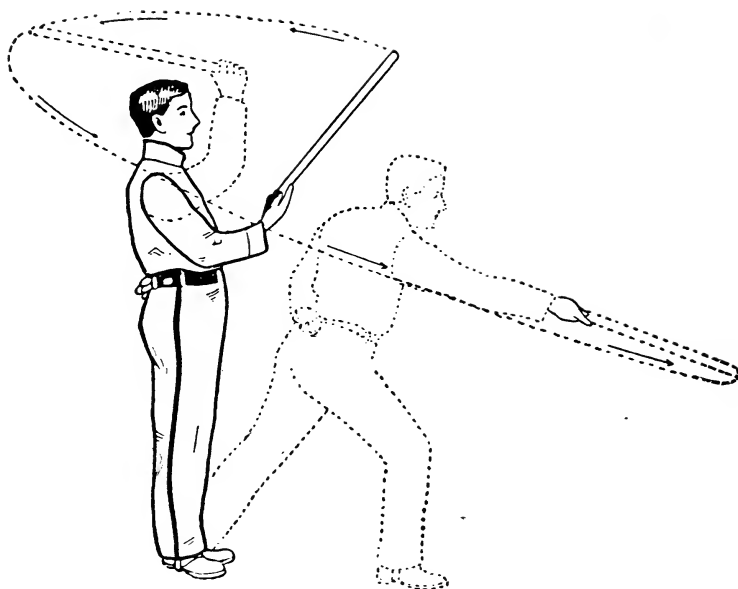


FIGURE 43

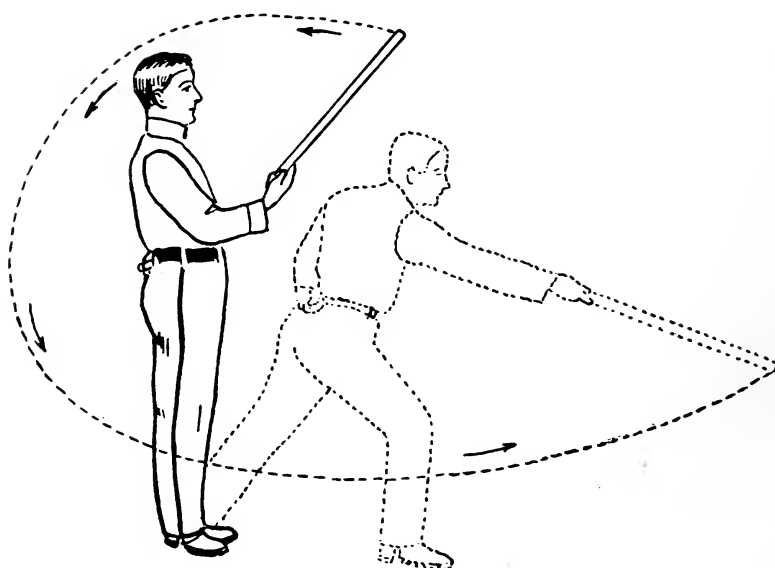


FIGURE 44

PROGRESSION OR BUILDING UP OF THE SINGLE STICK MOVEMENTS

307. *A* strikes at the head of *B*. *B* strikes at the head of *A*. Without a pause, *A* then strikes at the right face of *B*, and *B* returns the movement. In this and the rest of the exercises *A* and *B* alternate the cuts.

308. HEAD CUT AND LEFT FACE CUT. Execute the movement as explained in 307.

309. Head cut and right thigh cut.

310. Head cut and left thigh cut.

311. Head cut and uppercut.

312. Right face and left face cut.

313. Right face and right thigh cut.

314. Right face and left thigh cut.

315. Right face and uppercut.

316. Left face and right thigh cut.

317. Left face and left thigh cut.

318. Left face and uppercut.

319. Right thigh and left thigh cut.

320. Right thigh and uppercut.

321. Head, right and left face cut.

322. Right and left face and right thigh cut.

323. Left face, right and left thigh cut.

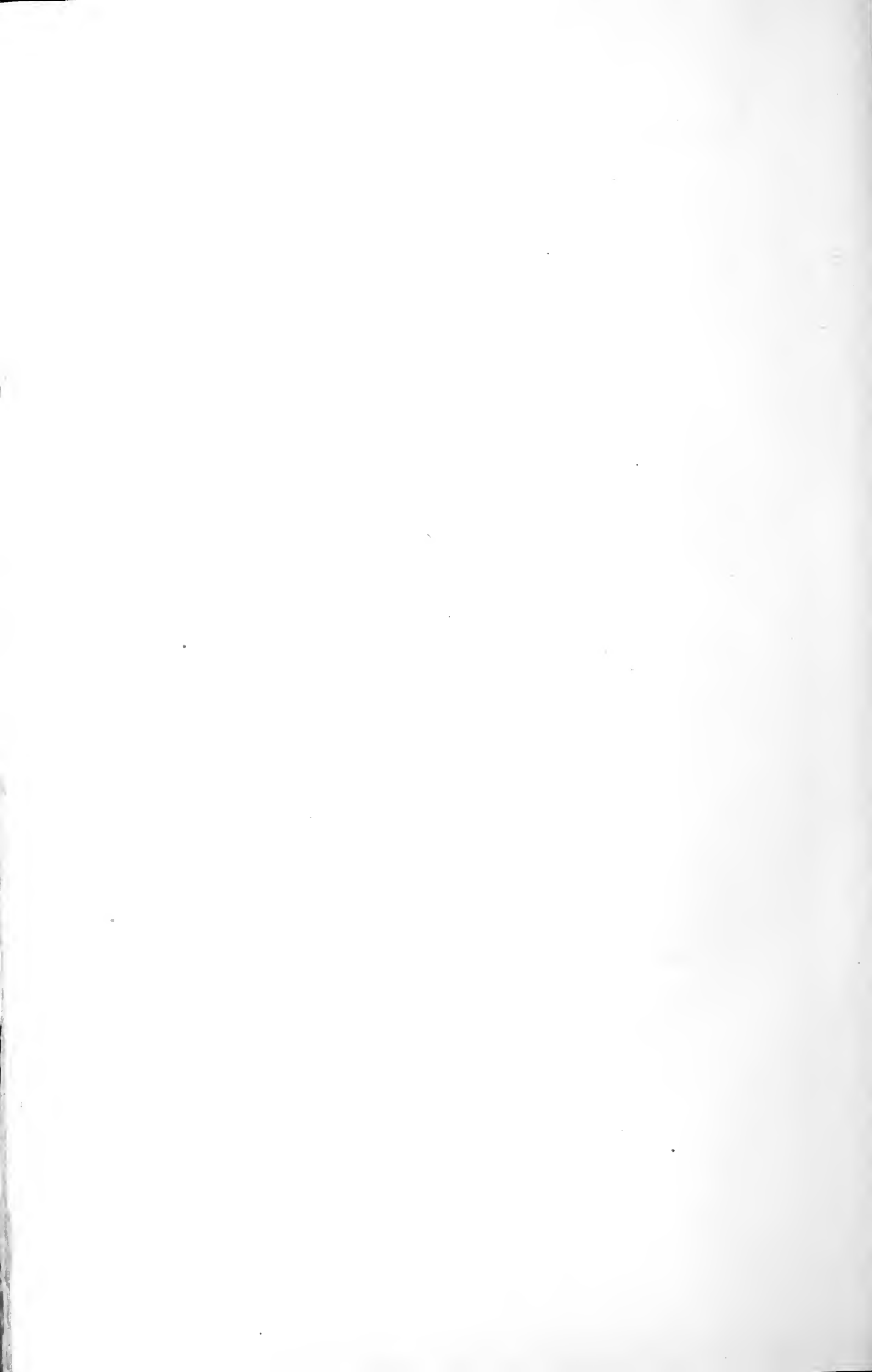
96 CONTESTS FOR ARMY, NAVY, AND SCHOOL

324. Right thigh, left thigh, and uppercut.

325. Use all of the cuts and guards. Head, right and left face, right and left thigh and uppercut.

Boxing, wrestling and bayonet practice may be arranged and conducted as described in single stick work.

THE following pages contain advertisements of
books by the same author or on kindred subjects



Keeping Physically Fit

By WILLIAM J. CROMIE

Cloth, 12mo, illustrated, \$1.00

A book of common-sense exercises for the entire family, founded on the author's wide experience as a teacher of physical culture, and as consultant of large numbers of people who sought health and fitness, or sought to keep it. There are concise presentations of the effects on health of eating, drinking, bathing, rest, sleep, and fatigue. The book is for men, women, and children; it is practical and dependable, it is entertainingly written, well illustrated, and presents a sane program.

"One of the most practical manuals of exercise that those who have specialized in physical culture have ever produced." — *Philadelphia Press*.

"Written clearly and sensibly, and the exercises suggested for the busy man, the nervous woman, the growing child, and others, are well shown by photographs." — *The Outlook*.

"A sensible and valuable little book." — *New York Sun*.

THE MACMILLAN COMPANY

Publishers

64-66 Fifth Avenue

New York

Swimming and Watermanship

BY L. DE B. HANDLEY

Captain of the New York Athletic Club's Olympic Swimming
Team, 1904

Illustrated, Cloth, 12mo, \$1.00

PUBLISHED IN THE "OUTING HANDBOOKS"

The art of watermanship has made tremendous strides within the past few years, and although Americans have contributed largely to this development there has been an almost total lack of up-to-date literature on the subject. To fill this urgent need for accurate and specific instruction, this volume has been prepared by Mr. Handley with the assistance of a number of leading experts.

Beginners will find within its pages the information necessary to lead them from novicehood to proficiency, while those more skilled, — even competent instructors, may cull from these pages many a helpful suggestion.

THE MACMILLAN COMPANY

Publishers

64-66 Fifth Avenue

New York

Do's and Don'ts for New Soldiers

BY MAJOR HARLOW BROOKS

Cloth, 12mo

Here an experienced soldier writes in a concise, practical manner for the benefit of the young man in the service who wishes to make the most of himself and his opportunities.

The care of his equipment, the care of himself, the things he should and should not do if he is to be really efficient, are discussed in a simple, straight-from-the-shoulder style. The book will be found invaluable by those just entering the army, as well as by those who have been in since the beginning of the war and are looking for that larger experience overseas.

Winning and Wearing Shoulder Straps

BY LIEUTENANT-COLONEL CHARLES F. MARTIN

of West Point

Cloth, 12mo

This is a book on the duties and responsibilities of officers and the qualities which make for their success.

It has been written by an experienced army man, and will be found valuable particularly by the young officer, though the trained soldier will welcome the advice which it offers on many points.

THE MACMILLAN COMPANY

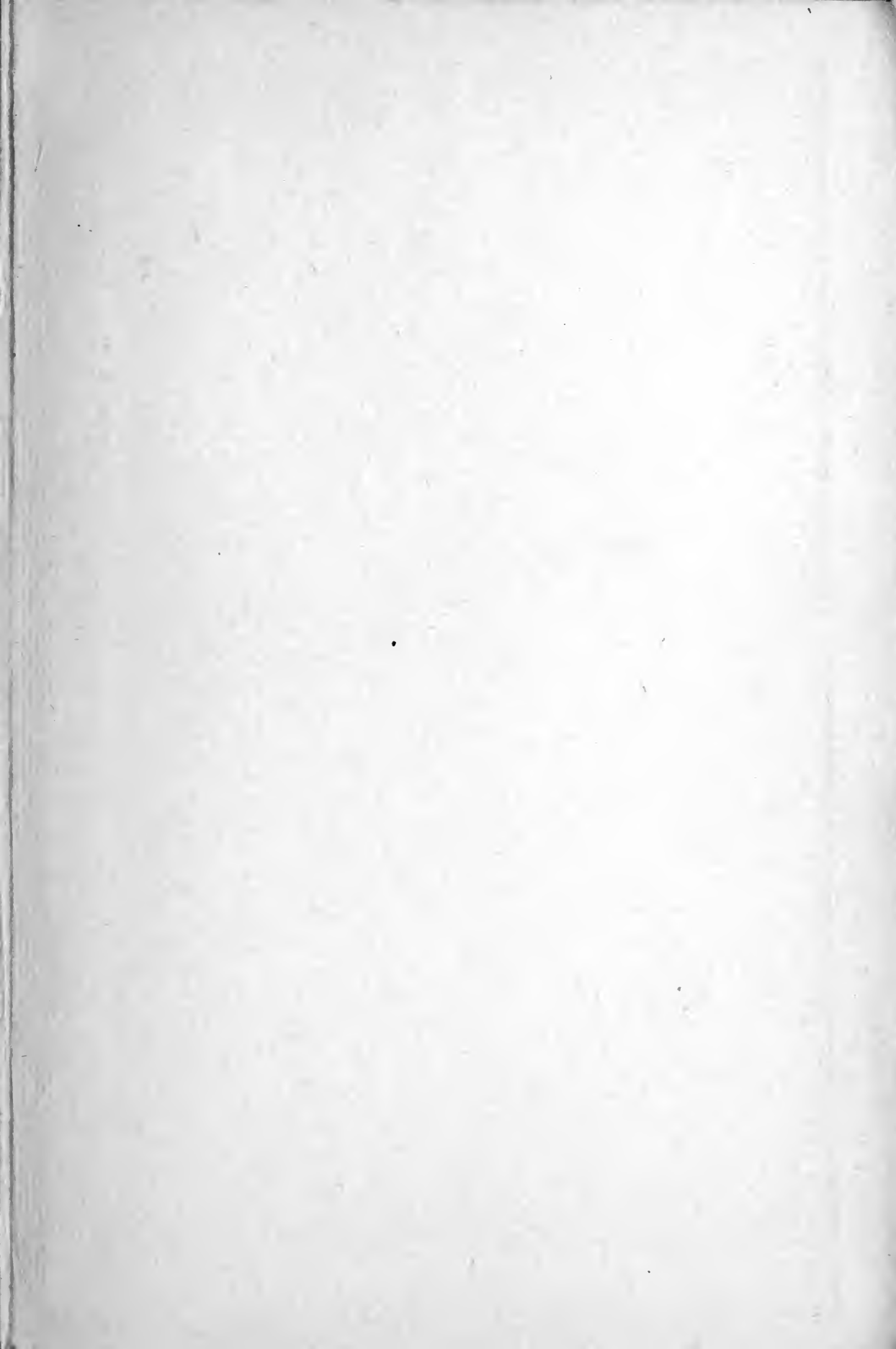
Publishers

64-66 Fifth Avenue

New York







LIBRARY OF CONGRESS



0 029 708 268 1